HEALTHY BODY ❤ HEALTHY MIND

women's fitness

BEST LEGS EVER!

IN 8 SPEEDY MOVES

BURN FAT

10 easy diet fixes

Superfoods for super skin

The latest beauty must-haves

FLAT TUMMY NOW

10 MINS TO FLAT

REVEALED

WHY YOU'RE NOT LOSING WEIGHT

CYCLE CHIC

Rides, routes and style, sorted!

15 slimming recipes

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VIDALSASSOON.COM

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- Top, £39, Mistress Rocks
- Leggings, £145, Hey Jo
- Jersey, £50, DHB
- Helmet, £59.99, Lazer

PICTURE: SIMON TAYLOR STOCKISTS: MISTRESSROCKS.COM; HEY-JO.CO; WIGGLE.CO.UK; LAZERSPORT.CO.UK

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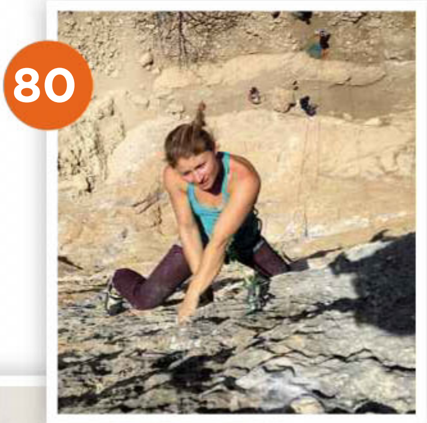

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PICTURES: SIMON TAYLOR; SHUTTERSTOCK. LETTERS MAY BE EDITED AT THE EDITOR'S DISCRETION

Meet the experts Every issue is packed with advice from our expert

AMANDA HAMILTON is a nutritionist, author and TV health expert.

AMANDA HELPS YOU BEAT UNCOMFORTABLE TUMMY BLOATING ON P91

JAKE THOMPSETT is an adventurer and Merrell ambassador.

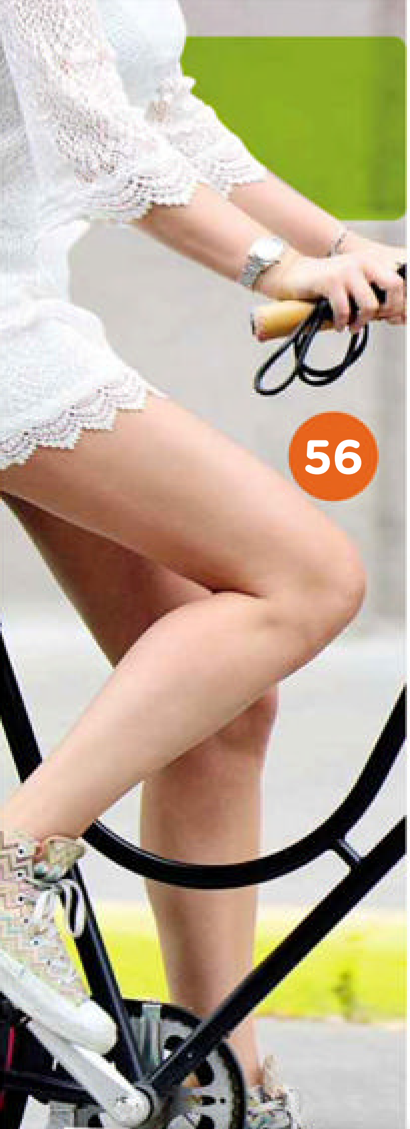
JAKE GIVES YOU HIS TOP TIPS FOR MAKING THE MOST OF THE BIG OUTDOORS ON P36

ELLA WOODWARD is a food blogger and author of *Deliciously Ella*.

ELLA HELPS YOU GIVE YOUR KITCHEN CUPBOARDS AN UPGRADE ON P102

JANEY LEE GRACE is the author of *Look Great Naturally... Without The Lipstick*.

JANEY HELPS YOU STOCK YOUR BEAUTY BAG WITH NATURAL GOODIES ON P94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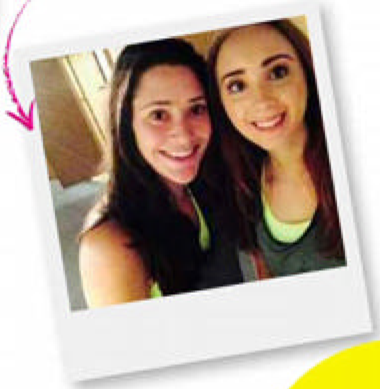
PARK WORKOUTS
Ellie and Joanna worked up a sweat in the park – and had a fun mess around in the playground, too!



TRAINING WITH ELLIE GOULDING!
Joanna and Katherine tried out Ellie's exclusive Nike Training Club workout

'I've been taking my workouts outdoors'
JOANNA
Editor

'I'm eating loads of veggies on my new pescetarian diet!'
AMANDA
Fitness editor

'I'm trying to get more walking into every single day!'
ELLIE
Deputy editor

Have your say

Something on your mind? Share it with *WF*... We want to hear from you!

Women's Fitness readers say...

STAR COMMENT

I just wanted to take a moment to thank you after renewing my subscription. This year has been a year of changes: a house move, death of someone dear to me, the birth of my daughter and a new job. Lots of good reasons to lose the plot and go off course. Each month as your mag comes through my door, I am reminded, renewed and encouraged to continue to take care of myself and to pursue my goal of good health and to feel strong and able in my body. Thank you.
Ashley, via email

We asked...

'What's the best thing about exercising in Summer?'

'Not being limited by the time and how dark it is – if I've woken up late and missed my morning session, there's no excuse for me not to run in the evening after work.'
Susan, London

'Because I know that I'll be wearing lighter or more revealing clothing, I feel more motivated to workout throughout the Summer. Sunshine is the best motivator!'
Tamika, Coventry

'I always look forward to the warmer weather because it means new and brighter gym gear. It definitely gives me that little push to get out and exercise more.'
Elise, Surrey

NEXT ISSUE: **'What's your top tip to getting bikini body-ready?'**

contact us...

- **Email: team@womensfitness.co.uk**
- **Write to: *Women's Fitness* 'Have your say', Unit 011, Netil House, 1 Westgate St, London, E8 3RL**
- **Tweet: @WomensFitnessuk**
- **Facebook: facebook.com/womensfitnessmagazine**

GET IN TOUCH AND WIN!

In need of a boost? Write in and you could win the Obsidian 7-day Juice Detox, worth £129. You'll receive 28 cold-pressed juices (four per day) with 10 different flavours including Invincible (apple, carrot and ginger) and Spa (spinach, pineapple, apple and lemon)!

- **For more info visit juiceprogrammes.com**

panel. Introducing this month's health and fitness gurus...

AMANDA KHOUV is a qualified personal trainer, *WF*'s fitness editor, wearer of warm hats and serious coffee lover.

AMANDA GIVES YOU A SPRING WORKOUT ON P28

GEETA SIDHU-ROBB is the CEO and founder of Nosh Detox.

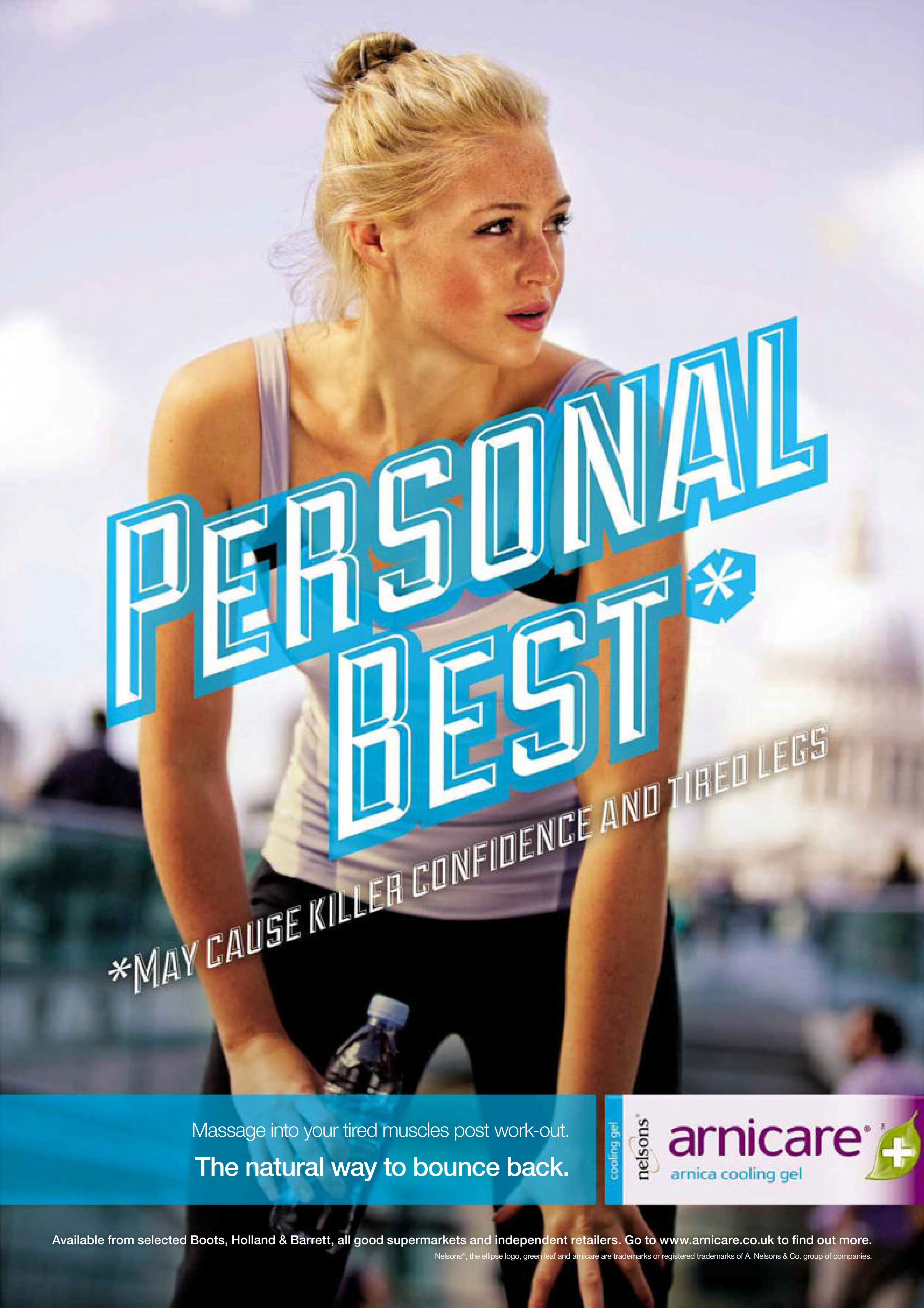
GEETA HELPS YOU GET ORGANISED IN THE KITCHEN ON P102

LOUISE PYNE is *WF*'s features editor, a registered nutritionist and our resident herbal tea connoisseur.

LOUISE HELPS YOU BEAT BEAUTY NASTIES ON P94

NICOLA SHUBROOK is a nutritionist.

NICOLA GIVES US GREAT WAYS TO COOK WITH HEALTHY HERO WATERCRESS ON P111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EDITORIAL

Editor JOANNA KNIGHT
joanna.knight@littlehackney.co.uk

Features Editor LOUISE PYNE
louise.pyne@littlehackney.co.uk

Deputy Editor ELLIE MOSS
ellie.moss@littlehackney.co.uk

Sub-Editor KAREN STADDON
karenstaddon@gmail.com

Fitness Editor AMANDA KHOUV
amanda.khouv@littlehackney.co.uk

Junior Writer LISA NGUYEN
lisa.nguyen@littlehackney.co.uk

Women's Fitness editorial,
Little Hackney Ltd, Unit 011,
Netil House, 1 Westgate Street,
London, E8 3RL
T/020 3095 9710

ART & PRODUCTION

Art Director NICOLA KERR
nicola.kerr@littlehackney.com

Production MICHAEL HILLS
michael_hills@dennis.co.uk

CONTRIBUTORS
Christine Bailey, Katherine Ducie, Vickie Neave, Lisa Nguyen, Louise Pyne, Natalie Roberts, Nicola Shubrook

ADVERTISING

Managing Director
JULIAN LLOYD-EVANS

Advertising Manager LUCY PALMER
lucy_palmer@dennis.co.uk
T/020 7907 6581

Senior Display Executive SARA SHAH
sara_shah@dennis.co.uk
T/020 7907 6707

Media Sales Executive REBECCA POTTER
rebecca_potter@dennis.co.uk
T/020 7907 6547

Agency Sales Manager
CLAIRE-ELOISE O'FARRELL
Claire_o'farrell@dennis.co.uk
T/ 0207 907 6688

Account Manager LISA JAY
Lisa_Jay@dennis.co.uk
T/ 0207907 6765

Regional Advertising Sales
THE MEDIA CONSULTANTS LTD
T/01423 569 553

MARKETING

Marketing Co-ordinator JAMES YOUNG
james_young@dennis.co.uk

SYNDICATION

Syndication Sales Manager
RYAN CHAMBERS
ryan_chambers@dennis.co.uk
T/+44 (0)207 907 6132

Licensing Manager CARLOTTA SERANTONI
carlotta_serantoni@dennis.co.uk
T/+44 (0)207 907 6550

Licensing & Syndication Assistant
NICOLE ADAMS
nicole_adams@dennis.co.uk
T/+44 (0)207 907 6134

MANAGEMENT

Group Publisher RUSSELL BLACKMAN
Publisher NICOLA BATES
Newstrade Director DAVID BARKER
Subscriptions Director LUCY DAVIS

SENIOR MANAGEMENT

Chief Financial Officer BRETT REYNOLDS
Group Finance Director IAN LEGGETT
Group Managing Director IAN WESTWOOD
Chief Executive Officer JAMES TYE
Company founder FELIX DENNIS

DISTRIBUTION

Seymour Distribution Limited,
2 East Poultry Avenue, London, EC1A 9PT
T/020 7429 4000

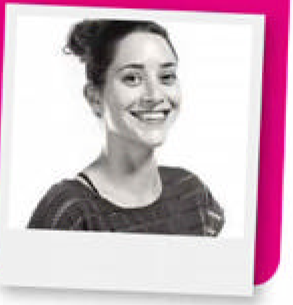
TO SUBSCRIBE

Customer service 0844 844 0246
Email womensfitness@servicehelpline.co.uk
UK subscription price: £33 for 13 issues;
Europe/Eire: £47.50, rest of the world: £59.30.
You can manage your existing subscription through subsinfo.co.uk – please refer to this site for queries about your subscription.

PUBLISHED BY
Dennis Publishing Ltd, 30 Cleveland Street
London W1T 4JD, womensfitness.co.uk

From the editor

Joanna Knight



I'm a keen cyclist and I love how fast the sport is growing, especially among women. To celebrate the success of the pedal-power movement we've rounded up the must-have kit, routes, knowledge and fuel you need to get involved from **page 55**. This month is also a good time to check in with those goals you set at the beginning of the year. Fallen off the wagon? We help you steer clear of weekend fat traps (**page 81**); break through that weight-loss plateau (**page 88**) and turn your kitchen into a healthy haven to boost your culinary mojo (**page 102**). That's you back on track – you can thank us later!

Have a great month!

Joanna

PEDAL POWER

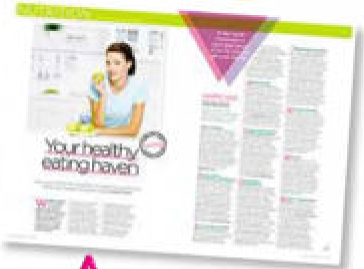
PEDAL POWER
Hot looks for bike lovers

THE UK'S BEST CYCLE ROUTES

BIKE TRAILS
Plan your next adventure

IS YOUR WEEKEND MAKING YOU FAT?
Beat the weight-loss saboteurs

WE LOVE!



KITCHEN MAKEOVER
Upgrade your cupboards to eat smart

HAVE YOU HIT YOUR weight-loss wall?

PUSH THROUGH THE PLATEAU
Hit a wall? We help you get results

This month's cover

women's fitness
BEST LEGS EVER!
BURN FAT
CYCLE CHIC
15

Photography: Simon Taylor
Make-up: Michelle Foxley
Model: Lauren, nevsmodel.co.uk
Styling: Joanna Knight, Ellie Moss
Clothing: Bra, £60, houseofcb.com; Leggings, £180, lucashugh.com

Don't miss a single issue of *WF*!

Just ask!

If you can't always find *Women's Fitness* in store, help is at hand! Just complete this form and hand it in at your local store and they'll arrange for the latest issue to be reserved for you. Some stores may even be able to deliver the magazine to your home. Just ask! (Subject to availability)

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PICTURE: DANNY BIRD

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ESSENTIALS

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20 JUNE

Make a splash

If you're craving the ultimate muddy run, look no further. The Water Wipeout in Nottingham has over 50 obstacles, including water slides, tightropes, hurdles, cargo nets and plenty of lovely mud (obviously)!

- **xrunner.co.uk**

DIARY DATES

7 JUNE

Moving on up!

Enjoy the beautiful South Wales scenery as you take part in the Wiggle Dragon Ride, one of the UK's toughest – and most rewarding – cycling routes, from 42K to a staggering 302K!

- **humanrace.co.uk**

14 JUNE

Royal race

Celebrating its 25th year, the Windsor Triathlon has been awarded 'Event of the Year' an amazing seven times by the British Triathlon Federation and is set in the shadow of Windsor Castle.

- **humanrace.co.uk**

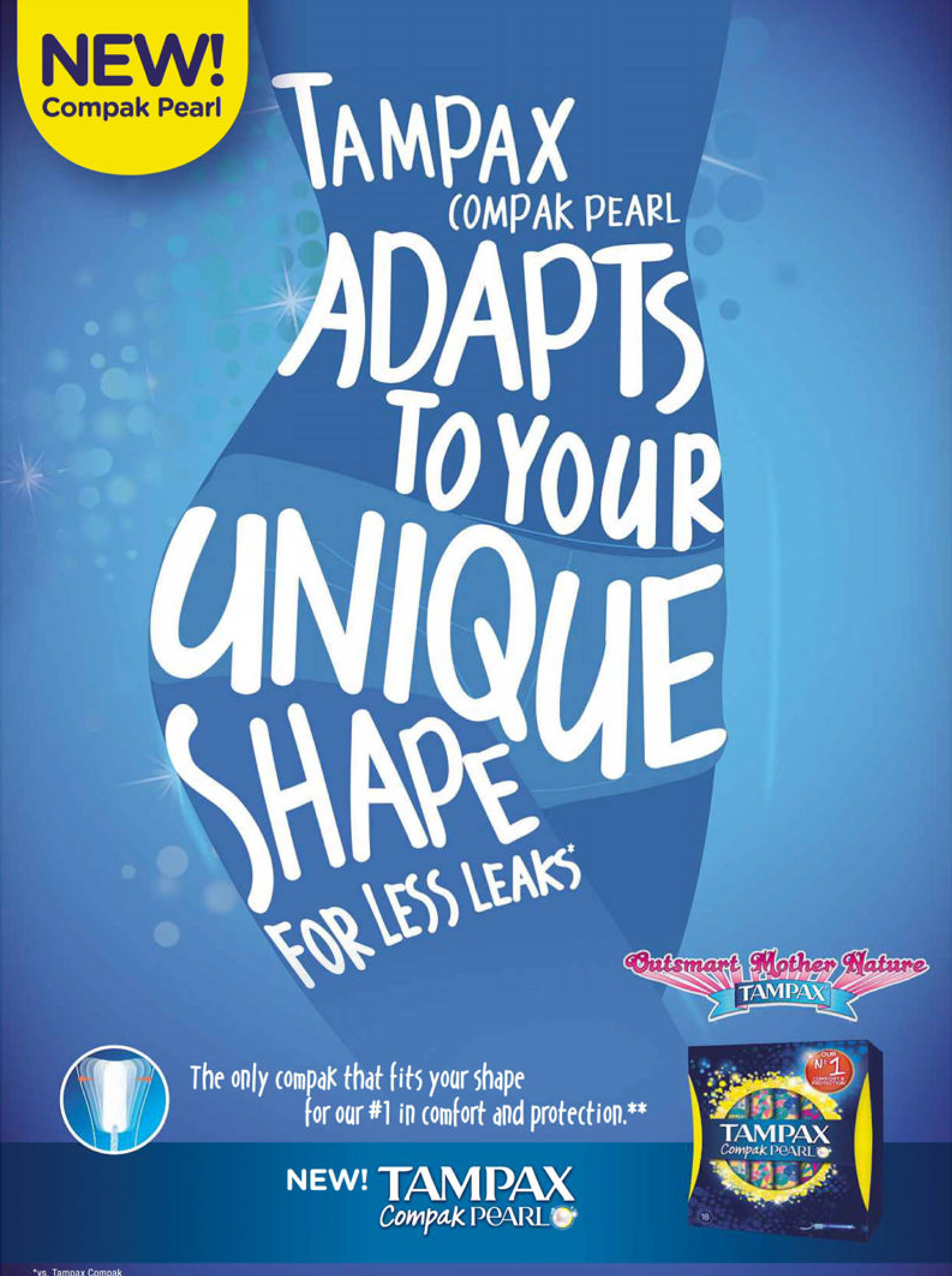
27/28 JUNE

Be a warrior!

For an obstacle challenge you'll never forget – running through fire and ice, as well as the usual water and mud – sign up to the Total Warrior in Leeds this month. You'll thank us, we promise!

- **totalwarrior.co.uk**

WORDS: NATALIE ROBERTS TOTAL WARRIOR PICTURE: MYBIBNUMBER.COM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Compak PEARL
18

*vs. Tampax Compak

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IN STYLE : ESSENTIALS

TIP TO TOE

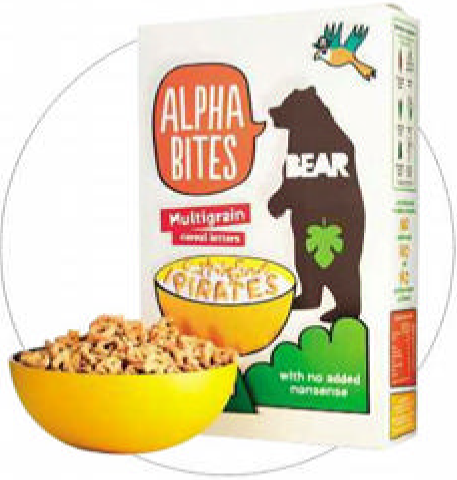
New season, new nails. Rita Ora's new shades for Rimmel's 60 Seconds Super Shine Nail Polish tick all our boxes. And, for less than £3, you can't go wrong!

● **£2.99, boots.com**

BOTANICAL BEAUTY

We love this Maria Sybilla Duffel bag from Travail en Famille. Large enough to fit a laptop in and a real stunner to look at, we can't get enough of it.

● **£250, t-e-f.co.uk**



ROARING TO GO

Bear Alphabites might sound like it's for kids, but we reckon the crunchy cereal – sweetened with coconut nectar rather than sugar – is great for grown ups, too.

● **£2.69, bearnibbles.co.uk**

bee kind
beefayre
bee calm

BEE GOOD

We love ethical brand Beefayre, and its new Waggledance collection doesn't let us down. These gorgeous scents are not to be missed.

● **From £6, beefayre.com**

HOT LIST

See it, buy it, love it! Your essential guide to the month ahead

faith in nature

NATURE CALLS

Natural, cruelty free and vegan, we love Faith In Nature's skincare products. The new lavender and coconut body and hand lotions are a must.

● **From £6.25, faithinnature.co.uk**

Melvita
APICOSMA
Soin apaisant
Soothing cream

LOVE YOUR SKIN

Sensitive to preservatives? Try Apicosma Soothing Cream from Melvita, which uses flash-sterilising technology in place of chemicals. Genius.

● **£32, melvita.com**

MEET ME HALFWAY

The in-between weather – not cold enough for a jacket, but not warm enough to go without – has us reaching for this stylish Finisterre Zephyr Hoody.

● **£60, finisterreuk.com**

DO what you LOVE

OUTSIDE THE BOX

Need a pressie for a home bird? This cute Thoughtful Gardener tool box from Wild & Wolf is just the job for gardeners and DIY lovers. Adorable!

● **£29.95, bloomsburystore.com**

WORDS: KATHERINE DUCIE, AMANDA KHOUV

BEFORE EXERCISE.

DEEP HEAT IT.

AFTER INJURY.

DEEP FREEZE IT.

DEEP HEAT
Heat Rub
Effective Relief
from muscular & rheumatic aches, pains & stiffness
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Pain Relief ✓ WITH Cold Therapy

Deep Heat Heat Rub is a medicine. Read the label.

Deep Freeze Cold Spray is a medical device.

DEEP HEAT

DEEP FREEZE

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GET INVOLVED!

The 15th anniversary Vitality British 10K London Run takes place on Sunday 15 July through the heart of central London on a new, even more spectacular route passing many of London's iconic world-class historic landmarks! Cancer Research UK is the official charity with almost 600 other charities also taking part. With over 15,000 entries already received enter now to avoid disappointment! Visit **british10k london.co.uk**

UP YOUR PACE!

Been working on improving your PB? Then you might like to know that the fastest mile recorded for a woman hasn't been seriously challenged since **Russia's Svetlana Masterkova set an incredible time of 4:12:56 in 1996**. But even if your PB is nowhere near that, it's still great motivation to get you working hard, we say!

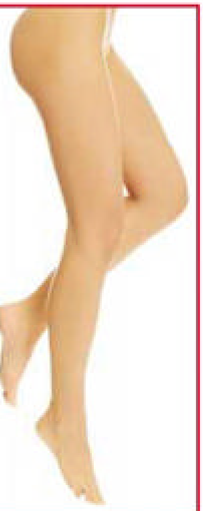
RUNNING NEWS

Shatter your PB with performance-boosting tips and high-tech kit

RUN IN COMFORT

If you're fed up of getting a wedgie while you're running, say hello to Edgies! The latest addition to the Cupid Fine range, these briefs have a silicone finish around the edges of the leg line so they won't ride up – however much you move. Plus they're made from moisture-wicking, breathable fabric. Perfect.

● **£14.95, shapewear.co.uk**



PRETTY IN PINK

Looking for a great sports bra in a striking colour? The Shock Absorber Multi Sports Support bra is now available in a gorgeous pink! The award-winning design, with internal cup-sized support, will keep you comfortable as you run without compromising on style. A must-have for summer.

● **£31, shockabsorber.co.uk**

DIARY DATE

Trailblazer – 6 June

Sign up now to take part in the *Runner's World* Trailblazer in Bedgebury Forest, Kent. Choose from a 10K course or a half marathon as you run deep into the woodland on this off-road challenge. There's plenty of entertainment after the race, too!

● **rwtrailblazer.co.uk**

BOLD, BRIGHT AND BEAUTIFUL!

Stand out from the crowd this summer in these stunning running tights. The Nike ForeveRun tights are made from an ultra-stretchy Dri-FIT fabric and have a wide, flat waistband that keeps you comfortable as you run. Who says workout clothing can't look and feel great?

● **£80, nike.com**

WORDS: NATALIE ROBERTS

Vitality BRITISH 10K LONDON RUN

15th Anniversary

SUNDAY 12TH JULY 2015

Photo by Miles Willis/Getty Images for New Balance

GOAL!
GOAL!
TDK
SANYO

LONDON'S ICONIC ROUTE JUST GOT BETTER!

New 15th anniversary route passing even more of London's iconic landmarks! Starting on Piccadilly and finishing on Whitehall the new route will include:

- Regent Street St James's • The world famous Piccadilly Circus
- Regent Street - London's premier shopping destination
- Oxford Circus • Haymarket - Passing Her Majesty's Theatre & Theatre Royal
- The Strand • Charing Cross • Leicester Square

new balance

CANCER RESEARCH UK

Official 2015 Charity

THIS IS A SELL-OUT EVENT: ENTER ONLINE NOW TO AVOID DISAPPOINTMENT **WWW.THEBRITISH10KLONDON.CO.UK**

CYCLE SCENE

Get extra pedal power with our top cycling tips

STATESIDE CYCLING

Fancy a cycling trip of a lifetime? Check out TerraVelo Tours of the US. We're obsessed with the California route (although we're sure the Utah and Wyoming routes would be just as amazing!). Needless to say, the breathtaking views are tempting enough, but the week-long luxury holidays also include nutritious and delicious meals, tour guides and a little pampering, too. We're loving the sound of that! Dates run throughout the summer.

● **£4,000pp for an all-inclusive seven-day tour, terravelotours.com**

CAREFREE COMMUTE

The new Curve collection from Mango Bikes has really put the fun back into women's cycling. The single-speed bikes are brightly coloured, yet sleek and elegant – we're head over heels. They're the perfect ride for those who enjoy a bit of leisurely cycling with a large side of style.

● **From £319.99, mangobikes.co.uk**

WORDS: AMANDA KHOUV MANGO BIKES PICTURE: BEN BENTLEY

SPRING SHOWERS

Take shelter from the rain with three of the best waterproof cycling jackets

1 DHB FLASHLIGHT WATERPROOF JACKET

Play it cool in this monochrome design that sports flashes of colour for a subtle style statement.

☐ **£84.99, wiggle.co.uk**

2 ROHAN WINDSHADOW JACKET

Stuff this packable, lightweight, windproof jacket in your pocket or bag to ensure you're ready for anything, whatever the weather.

☐ **£95, rohan.co.uk**

3 PEARL IZUMI ELITE BARRIER JACKET

You won't be missed in this Screaming Yellow jacket, even if it's pouring down and visibility's poor.

☐ **£69.99, pearlizumi.co.uk**

DID YOU KNOW?

You can now find out about cycling facilities, the number of cycle parking spaces and cycle hire facilities through the National Rail Enquiries PlusBike feature. It's available via the NRE app or at **nationalrail.co.uk**

DID YOU KNOW?

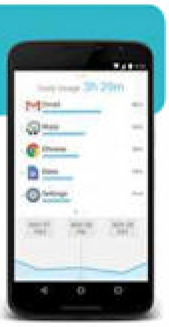
One in three people toss and turn the most on a Monday night, thanks to a busy mind. Help yourself to relax and unwind with Bach's Rescue Night Dropper (£7.49, hollandandbarrett.com)

HOME DELIVERY

Always forgetting to take your vitamins? The VITL One daily nutrition pack service is a great solution as it delivers a complete range of nutrients straight to your door. Pair it with the app for daily reminders and to keep track of progress!

- **£39.95 for a one-off order or £35.95 a month, vitl.com**

Kick the habit



Do you suffer from smartphone addiction? Whether you're in denial or admit you have an issue, there's an app that can help. QualityTime provides a breakdown of how much time you're spending on social media and even how many times you've unlocked your phone! Switching off your phone every so often can be refreshingly healthy – as the numbers on the app will show!

- **Free, Google Play**

HEALTH WRAP

Tasty trends and top buys from the world of wellbeing

HEALTH FIX

We can't get enough of the 100% raw and organic Supergreens range from Bioglan. There are three yummy powder mixes: Original, Berry Boost and Cacao Boost, which give us the quick and easy health boost we need!

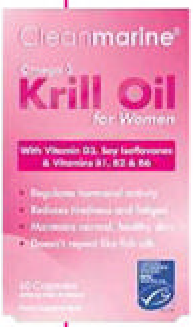
- **£19.99, hollandandbarrett.com**

WE LOVE

Promotion

Cleanmarine Krill Oil for Women

Cleanmarine Krill Oil for Women has been specially formulated to help regulate hormonal activity and is proven to reduce PMS symptoms naturally. It cleverly combines krill oil with good levels of other useful nutrients such as soy isoflavones (a type of phytoestrogen), rosemary oil, vitamin D and vitamins B1, B2 and B6, which are involved with hormone balance, energy production and skin health.



- **£22.99, cleanmarinekrill.co.uk**

BODY BOOST

Feeling run down? Seven Seas Perfect7 Woman might be just what your body needs. As well as helping to reduce tiredness and fatigue, it'll help fight the first signs of ageing. Sounds good!

- **£9.99 for 30 days' worth, boots.com**

SUPER DRINKS

Quench your thirst with these yummy, nutritious beverages

1 SHAKEN UDDER MILKSHAKE

100 per cent natural, low in fat and low in sugar – a great shake all round!

- **£1.49, shakenudder.com and major supermarkets nationwide**

2 PLENISH COLD-PRESSED JUICE

Cold-pressed is the new buzz word – just think of the nutrients!

- **£5.95, ocado.com**

3 OVIVO OLIVE LEAF INFUSION

Boost your detox with this antioxidant olive leaf infusion!

- **£13.99, boots.com**

WORDS: LISA NGUYEN SOURCE: RESCUE QUALITY OF LIFE / HARRIS INTERACTIVE

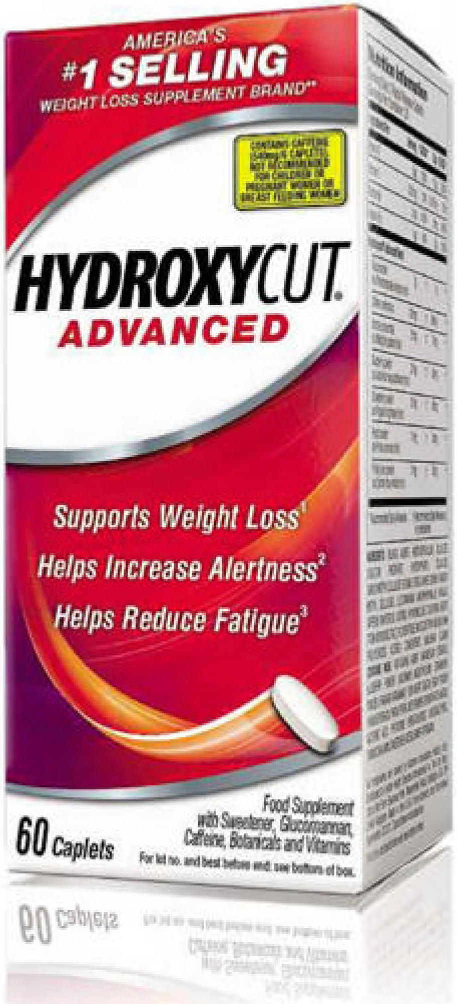
choose success

support weight loss your way

Life is full of choices. When it comes to decisions about your body, choose success with Hydroxycut® Advanced as part of your diet and exercise programme. Hydroxycut® Advanced contains an effective key weight loss support ingredient[1] that's been shown to help people lose weight when combined with a calorie-restricted diet[2], making it an invaluable addition to your active lifestyle. With help from Hydroxycut® Advanced, you can start living the life you've always wanted.

Support Your Weight Loss Goals With Help From Hydroxycut® Advanced Today!

- Featuring Glucomannan for Weight Loss Support[3]
- Delivers added B-vitamins to help reduce tiredness and fatigue
- Easy-to-Use Rapid-Release Caplets


AMERICA'S
#1 SELLING
WEIGHT LOSS SUPPLEMENT BRAND**
HYDROXYCUT
ADVANCED
Supports Weight Loss[1]
Helps Increase Alertness[2]
Helps Reduce Fatigue[3]
60 Caplets
Food Supplement with Sweetener, Glucomannan, Caffeine, Botanicals and Vitamins

Also available in 100 ct.

HYDROXYCUT®

---

[1] Glucomannan in the context of a calorie-restricted diet contributes to weight loss. Take with 1–2 glasses of water.

[2] In a research study, subjects taking the primary ingredient (glucomannan) in Hydroxycut® Advanced experienced a reduction in body weight when taken with a calorie-restricted diet.

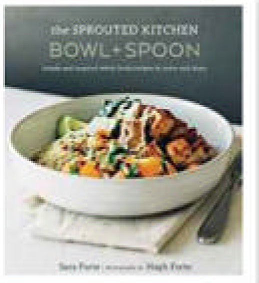
[3] When taken as directed (2 caplets per serving, 3 times daily) you get 3g of glucomannan per day. Carefully read the entire label before use. Proper nutrition and regular training are essential to achieving your goals. © 2015

FOOD SWAPS

Love sweet potato mash? Next time, replace half the sweet potato with butternut squash and you'll save yourself an additional 35 calories per 300g while still getting the same beta-carotene benefits.

Blogs we love

Sproutedkitchen.com



This stunning food blog by Sara Forte, beautifully shot by her photographer husband Hugh, focuses on whole, clean and seasonal cooking. Sara also releases her second cookbook *The Sprouted Kitchen: Bowl + Spoon* this month, which combines veggies, wholegrains and lean proteins in delicious meals perfect for pretty bowls (£18.99, amazon.co.uk). Try this wonderful Tropical Smoothie Bowl recipe for a litttle taster of what to expect.

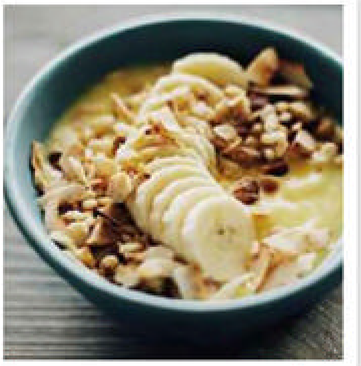
FIT FOOD

Nourishing news and nutritional know-how

Superfood 101: walnuts

Walnuts are little powerhouses of antioxidants and omega-3s. Just a handful a day can help reduce your risk of breast cancer and diabetes, improve your mood, boost your heart health and help you deal with stress thanks to their ability to lower blood pressure. They are also a good source of protein and are high in iron and fibre.

TROPICAL SMOOTHIE BOWL



Serves 4

- 330g frozen mango
- 165g frozen pineapple
- 120ml coconut water
- 120ml orange juice
- 120ml coconut milk
- 1tsp turmeric (optional)
- 2 bananas
- 1-2tbsp bee pollen (optional)
- 30g crisped rice cereal
- 75g toasted coconut flakes
- 125g toasted, chopped macadamia nuts

1 Blend the mango, pineapple, coconut water, orange juice, coconut milk and turmeric until very smooth. Distribute evenly between bowls.

2 Cut the banana into thin slices. Garnish each bowl with portions of banana slices, bee pollen, crisped rice cereal, coconut flakes and macadamia nuts.

Eat something red!

Well, not just anything red. We're talking red fruit and veg, such as tomatoes, red peppers and pink grapefruits. The reason? They all contain lycopene, a phytonutrient and powerful antioxidant that can help protect against degenerative diseases and reduce the risk of cancer and heart disease. The human body cannot make lycopene on its own so it's important you eat something red every day.

Q+A

YOUR EARLY MORNING ZINGER!

Q I love my hot water and lemon in the morning, but my friend said that hot water destroys the vitamin C. Is that true?

A High temperatures can destroy vitamin C, but it degrades over time so I wouldn't worry too much if you are drinking your tea straight away. Alternatively, you could try making it with par-boiled water. Hot water and lemon has other benefits as well, though, including alkalising your body, so keep up the good work!

WORDS: NICOLA SHUBROOK PICTURES: SHUTTERSTOCK

GREEN SCENE

Be stylish and sustainable with our planet-friendly tips

LEMON No. 3
Gusto
ORGANIC SPARKLING LEMON
KOLA No. 14
Gusto
ORGANIC SPARKLING KOLA

Magic potion

Fancy a quick and yummy health kick? Try Gusto Organic. Packed with 14 botanical extracts and essential oils – including guarana, echinacea and Chinese angelica – this delicious blend can be enjoyed hot or cold and makes for a great energy booster or hangover cure! It's our gym-bag must-have.

● **£1.89, ocado.com**

GREEN GODDESS

If, like team *WF*, you've always wanted to have fresh herbs on hand in the kitchen, now you can with the Eco Potagator. Recycled from 180 yoghurt pots, this clever plant pot doubles up as a propagator, complete with its own greenhouse roof-style clear lid (which also happens to be a watering jug). We love multi-purpose goodies – especially when they're this pretty!

● **£13.95, ashortwalk.com**

WE LOVE

BOCA
BOCA
DAY

BEE NATURAL

If you have sensitive teeth or simply want to take better care of your gnashers, choose BOCA. Made from botanicals such as ginseng, aloe vera, chamomile and propolis from the BOCA bee-lab in Bath, this natural toothpaste keeps your bod free from harmful chemicals. Our fave is the British Mint and Rose flavour. Mmm...

● **£29 for pack of 2 x 75ml, store.boca.co.uk**

Freshen up

This natural deodorant contains baking soda, arrowroot powder and hop extract (for its highly antibacterial qualities), but there's more – the essential oils like calendula also neutralise underarm odours and absorb extra moisture! There are five variations including Cedarwood and Juniper (lush!) and a fragrance-free version, too.

● **£11.50, abeautifulworld.co.uk**

schmidt's
LAVENDER-SAGE
BERGAMOT
CEDARWOOD-JUNIPER

IN THE WASH

Make your home a healthier and greener place with the Ecover household, laundry and personal care range. The packaging is made from sugarcane and recycled plastic, and all the products are produced using natural plant-based and mineral ingredients. Good for the skin and the planet – what's not to love?

● **From £1.29, ecover direct.com**

ecover
Washing-up Liquid
Non-Bio Concentrated Laundry Liquid
Fabric Conditioner

WORDS: LISA NGUYEN PICTURE: SHUTTERSTOCK

GET READY TO RUN!

Whip your body into fine fighting form for this year's Tough Mudder with the help of Sony's fitness technology

TOUGH MUDDER

> 'THE 10 TO 12-MILE COURSE ISN'T FOR THE FAINT-HEARTED BUT IT IS FOR THE ADVENTUROUS AND THE BRAVE, AND WE KNOW YOU LIKE A GOOD CHALLENGE!'

53426
53429

‘THERE’S NO ‘I’ IN THE TOUGH MUDDER EXPERIENCE, THIS IS ALL ABOUT TEAMWORK’

If you’re looking to challenge your body and mind this year then signing up to a Tough Mudder should be top of your list. We’re partnering with Sony, the official smartphone and smartwear sponsor of Tough Mudder for 2015 to give you smart-technology inspired tips and tricks on how to tackle it.

Tough Mudder’s obstacles are the stuff of legends, with fire and mud having a revered place in all runners’ minds. This gruelling event will test your mettle as well as your fitness but you won’t be doing it alone, there’s no ‘I’ in the Tough Mudder experience, this is all about teamwork!

The event is as much about camaraderie than crossing the finish line first. With mantras like ‘I put teamwork and camaraderie before my course time,’ and ‘I help my fellow mudders complete the course,’ alongside the ‘I do not whine – kids whine,’ this sounds like an event for us!

We’re all about setting a goal to really get you focussed and push yourself. The 10 to 12-mile course isn’t for the faint-hearted but it is for the adventurous and the brave, and we know you like a good challenge!
This year Sony is owning the ‘Arctic Enema 2.0’ obstacle – it’s an exhilarating obstacle that will push you to your limit and uphold Tough Mudder’s reputation of being one of the world’s most extreme obstacle endurance challenges. Life’s for living, right? Head to **toughmudder.co.uk** to sign up today!

RUN FIT!

A Tough Mudder will test all elements of your fitness so it’s vital to train smart. As well as working on your endurance and stamina, strength training is vital, too. Hauling yourself and others over obstacles and through mud requires serious full-body strength. Sony’s latest SmartWear devices – SmartWatch 3 and SmartBand Talk – can help track your progress and improve your regime when paired with Xperia Z3. Whether it’s improving your run, sending notifications, syncing with your phone or bluetoothing your music, it’s the perfect accessory to get ready for Tough Mudder.
For more great ways to get in shape head to our Fit Tech Channel (**mensfitness.co.uk/fit-tech**) where you’ll find everything you need to get your training off to an epic start.

YOUR ULTIMATE TRAINING BUDDY

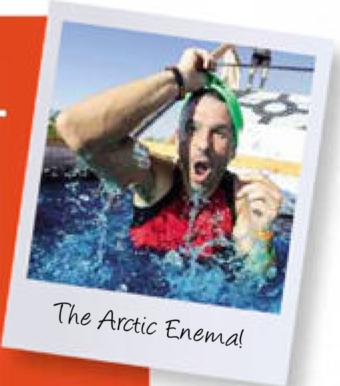
Staying connected while we’re on the move is super important to us – we’re busy women! Whether you’re in the gym or out on a run the SmartBand Talk from Sony is the ideal companion. With a built-in microphone and speaker you can take a short call even if you’re busy busting out a PB! The built-in accelerometer and altimeter sensor technology feels how you move – and how much – to provide an accurate overview of your daily physical activity; whether it be walking, running or climbing. Stylish and useful, winning!

- **£129.99, carphonewarehouse.com/sonyxperiaz3**

10 35
10 35
10 35

TEAM SONY

Tough Mudder is all about the team and we know how important it is to have a gang around you when you really need to dig deep! As the official smartphone and smartwear sponsor of Tough Mudder for 2015, Sony is entering its own team, #TeamSony. The team will be using SmartWatch 3, SmartBand Talk and Lifelog to help them track their daily progress and performance as they embark on the intense training plans to prepare for Tough Mudder. Follow #TeamSony to discover who has made the team! For more great ways to get in shape head to our Fit Tech Channel at **mensfitness.co.uk/fit-tech**.


The Arctic Enema!

TRAVEL DIARY

Your passport to dream destinations, suitcase essentials and active escapes

Devon heaven

Whether you opt for the all-out luxury of holiday home Overcombe or the campsite at Mount Folly Farm, one thing remains unchanged no matter your budget: the view. Nestled in an Area of Outstanding Beauty, a holiday in Bigbury-on-Sea offers a Blue Flag beach, a tropical island paradise (Burgh Island), as well as tractor rides through the sea. Plus you are just moments from Salcombe, Dartmouth and Kingsbridge, where you can learn to stand-up paddleboard (waterborn.uk.com) and enjoy lunch at The Crab Shell Inn (thecrabshellinn.com). **To book Overcombe, visit perfectstays.co.uk, or for Mount Folly Farm, head to bigburyholidays.co.uk.**

Keep cool

Icey-Tek is quite simply the Rolls Royce of cool boxes. Whether you're in need of a large, deep-fill chest box for all your campsite essentials or a smaller option to keep the fizz chilled on the beach, Icey-Tek has a cool box solution for you. Now which colour to choose...

● **From £99.95, coolboxesuk.com**

Be a sun goddess

This summer, make sure your sunnies really match your style by designing your own! That's right – polarised sunglasses you can create online and they're guaranteed for life – let the sun shine, we say!

● **From £40, sungod.co**

IN THE BAG

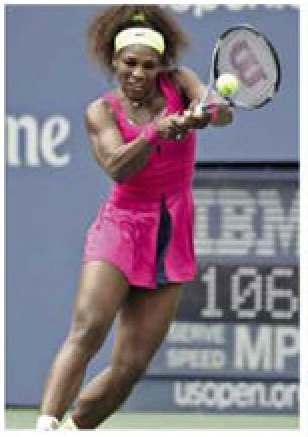
Show your support for our Brit champ Andy Murray, who signed with Under Armour for this year's Grand Slam campaign, with this UA Big Wordmark Tote. It's an ideal travel bag, whatever your destination.

● **£25, underarmour.co.uk**

ANYONE FOR TENNIS?

If you missed out on the ballot for Wimbledon, swap your Pimm's for a Manhattan and get yourself out to NYC for the US Open (31 August-13 September). Tickets for matches are reasonably priced and go on sale in June at ticketmaster.com. Many of the players stay in hotels in the city so, you never know, you may just catch sight of Williams or Sharapova in the lobby! We recommend a four-night stay at The Ludlow with British Airways, leaving 30 August to catch the first week's play.

● **From £850pp, ba.com**



WORDS: VICKIE NEAVE PICTURES: SHUTTERSTOCK

FEEL GOOD : ESSENTIALS

Miracle wash

If you're fed up of carting a whole bunch of hair and body products to the gym, you *need* to get yourself one of these awesome 18-in-1 magic soaps by Dr Bronner. This 100% organic wash can be used for almost anything – even washing sweaty gym gear!

● **£1.99 for 59ml, drbronner.co.uk**

CERTIFIED FAIR TRADE
Dr. Bronner's Magic Soaps
18-in-1 Hemp GREEN TEA
PURE-CASTILE SOAP
MADE WITH ORGANIC OILS
fair

Love is...

... a home-cooked meal! That's right, according to a recent survey the most important skill a potential partner needs is the ability to cook a good meal. Of the 500 female participants asked, **63 per cent said they prefer homemade meals when being wined and dined**. Partner in need of a little nudge? How about leaving *WF*'s recipe pages open around the house!

LOVE LIFE

Hot tips and tricks to boost your energy, style and cash flow

NEOM
INSTANTLY DE-STRESS
NEOM

MUSIC TO OUR EARS

We do love a good personalised product and it doesn't get much better than this sleek Aether Cone. Using a catalogue of over 30 million songs and Rdio's internet radio, the Cone picks up on your music taste and plays the genre you love most. We can't get enough of it!

● **£349.99, selfridges.com**

WE LOVE

Bliss out

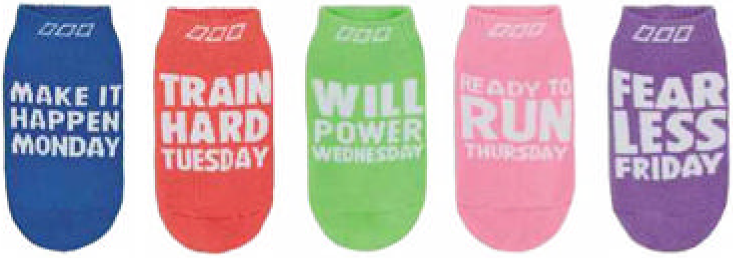
Treat your skin to this luxurious Neom Organics Intensive Skin Treatment Candle. The moisturising candle wax is blended with vitamin-rich soya bean, almond oils, cocoa butter and 100% natural vegetable wax, which all melts down to a lovely formula that can be massaged into your skin for the ultimate de-stressing and relaxing treatment.

● **£36, neomorganics.com**

Fit feet

These colourful Lorna Jane Be Inspired socks are helping us get our backsides to the gym every morning. Pull on a pair to boost your motivation all day long!

● **£35 for pack of five, houseoffraser.co.uk**


MAKE IT HAPPEN MONDAY
TRAIN HARD TUESDAY
WILL POWER WEDNESDAY
READY TO RUN THURSDAY
FEAR LESS FRIDAY

WORDS: LISA NGUYEN SOURCE: ILLICIT ENCOUNTERS

hollandandbarrett.com
BOUNCE
NATURAL ENERGY BALL
Peanut PROTEIN BLAST
NUTS
Whole Almonds
500g ℮
Pulsin' HEMP PROTEIN
LOW SUGAR
PowerBar
30% PROTEIN PLUS
DIET WHEY
PhD
INNOVATION FOR THE MODERN ATHLETE
BREAKFAST WHEY
WITH SUPAGRAINS

You might think it's just for bulking up, but protein can actually help you however you exercise.

Ask Us for advice on which type of protein is right for you.

Selected protein items in the Penny Sale
ONE PENNY
1
Online · Mobile · In-store

HOLLAND & BARRETT
the good life

Offer available on selected lines only, subject to availability. Pay full price for one line & get another for just a penny, mix & match. On multiple penny sale purchases the till system sorts the products into price descending order offering every other product at one penny to give you the best deal. Offer valid until 21.05.15. Protein contributes to growth or maintenance of muscle mass. Our qualified associates all hold an official qualification validated by Pearson (Education Company), a body accredited by the Government and are able to give advice on all own label supplements, vitamins, healthy foods and weight management products.

EXERCISE

28 Get great legs, fast! // 36 Outdoor adventures // 39 Heart-boosting yoga // 43 BodyVive on trial
44 Tone up with ballet // 48 Kit we LOVE // 50 Stability ball strengtheners

FANCY A STROLL?

That leisurely Sunday walk with your family is probably doing you more good than you realise! New research from the University of East Anglia has found that regular outdoor walking in groups can reduce the risk of stroke, coronary heart disease and depression. It's also shown to lower your heart rate and total cholesterol. The team behind the research reviewed 42 studies conducted on nearly 2,000 participants across 14 countries. Their study also revealed this shocker: 29 per cent of adults do less than 30 minutes of moderate activity each week. So, if you're guilty of slacking, why not head outside for a walk this weekend? It doesn't cost a thing and will do you a world of good!

WORDS: KATHERINE DUCIE PICTURE: SHUTTERSTOCK

8 moves for great legs!

Celebrating spring by stepping out in a skirt? Dare to bare those legs with this pin-perfecting workout

KIT YOU'LL NEED:
• Bench • 2 x dumbbells • Stability ball

HOW TO DO IT

Perform the allotted reps for each move once through in a circuit format. Rest for 60-90 seconds. Repeat to complete the allotted sets for your level.

Beginner:
3 x 5 reps

Intermediate:
4 x 5 reps

Advanced:
5 x 5 reps

There are loads of reasons to love spring: the lighter evenings, flowers blooming, park workouts and, of course, an excuse to update our workout wardrobes.

But one of the best things has got to be the warm weather!

Okay, we might be getting a bit ahead of ourselves here, but going bare-legged is just about acceptable come springtime. So if you're planning on digging out your fave skirt any time soon, we've got the workout for you.

These lower-body focused moves will get you feeling cool and confident in no time, so you can reveal those newly toned pins in whichever spring skirt style floats your boat – we hear '70s prints are in this season...

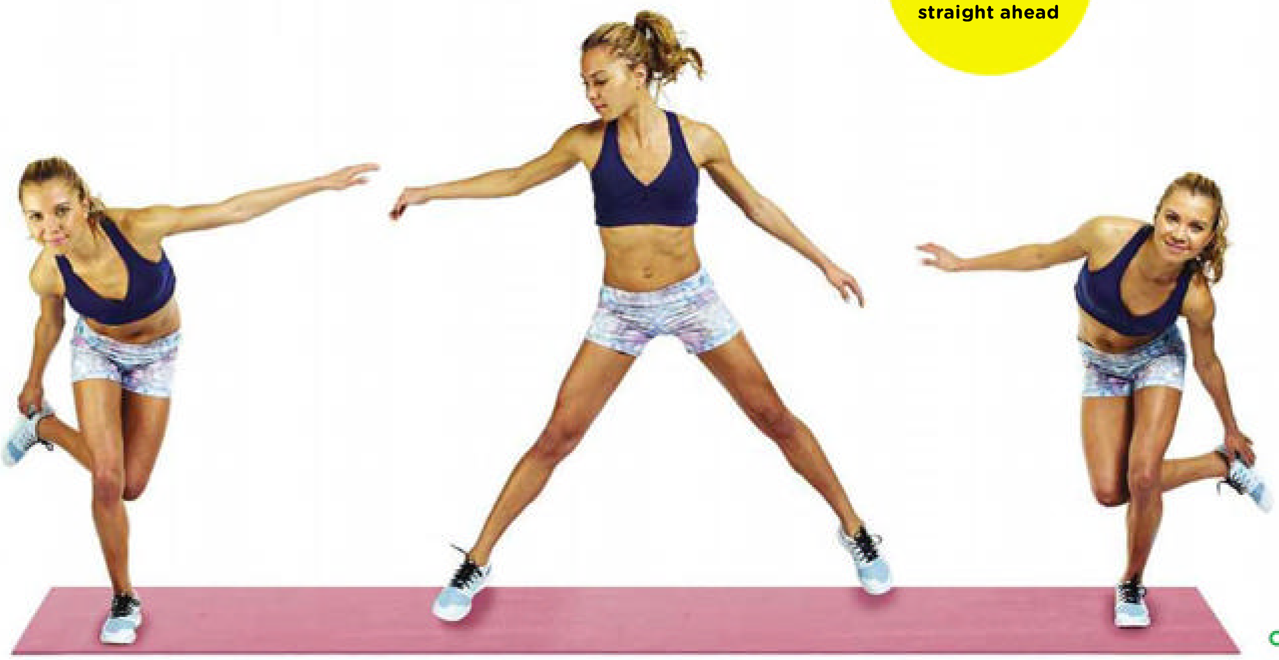
1

SKATERS

Technique

- Start balanced on your right leg in a slight squat, with your left leg behind your right.
- Leap across to the left, landing on the left leg – again in a slight squat.
- As soon as you land, leap across to the right again performing the same action on the other side.
- One jump to each side counts as one rep.
- Repeat continuously.

SAFETY TIP
Land softly and keep your gaze straight ahead



2

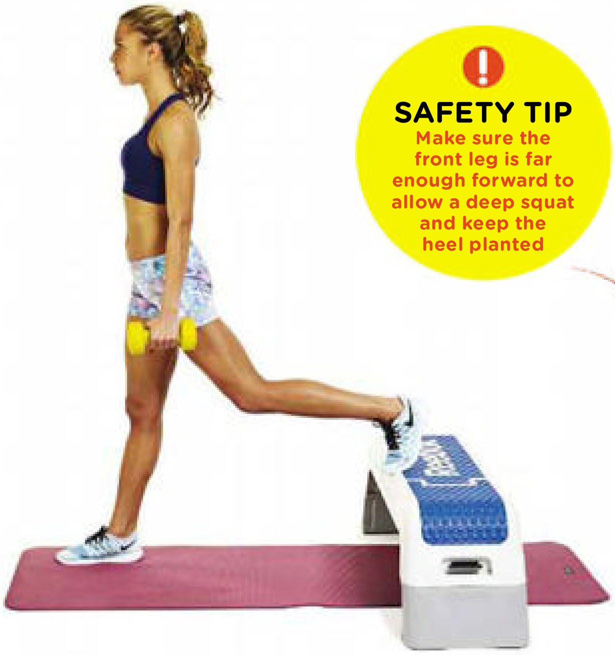
BULGARIAN SPLIT SQUAT

Technique

- Stand with one foot behind you on a bench, holding a dumbbell in each hand. Place the other foot slightly further forward of your body.
- Bend the front leg to lower yourself as far as is comfortable, then push back up to the start and repeat.
- Perform the allocated reps on each leg to complete a full set.

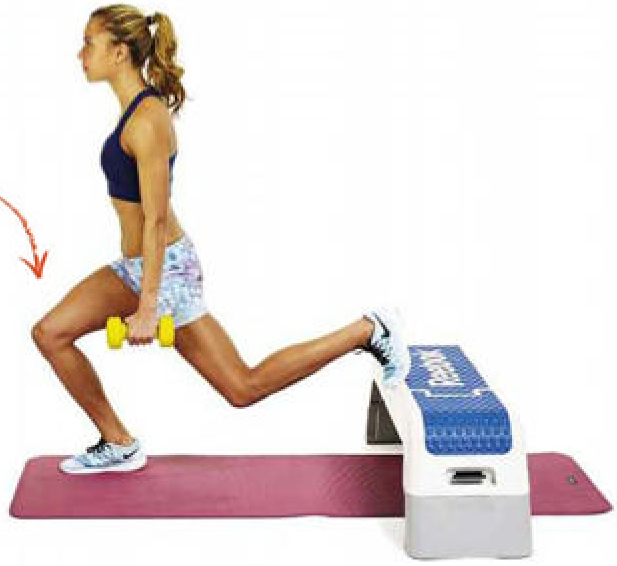
GET THE LOOK

CLOTHING: Bodyism bra, £55, bodyism.com; Lija shorts, £66, lijastyle.com; Nike Free 5.0 trainers, £90, nikestore.com **KIT:** Barbell and stability ball, physicalcompany.co.uk; bench, reebokfitness.info; dumbbells, gorillasports.co.uk; mat, agoy.co.uk



SAFETY TIP

Make sure the front leg is far enough forward to allow a deep squat and keep the heel planted



3

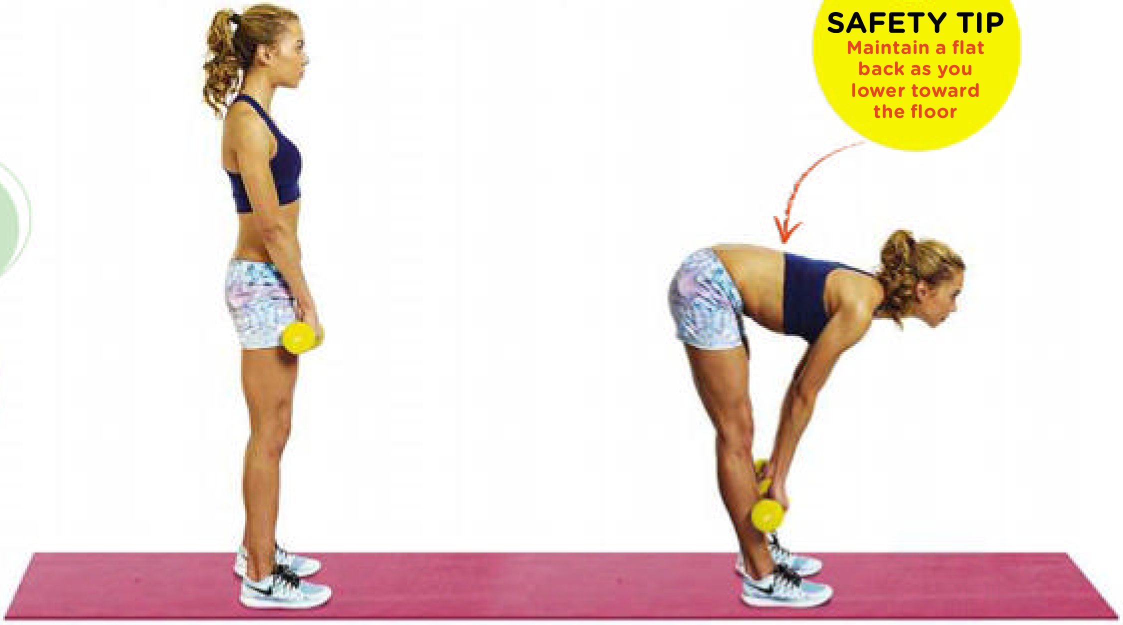
STRAIGHT-LEG DEADLIFT

Technique

- Keeping your knees soft, but your legs straight, hold a dumbbell in each hand.
- Hinge at your hips to lower the dumbbells slowly toward the floor, keeping a soft bend in your legs as you do so.
- Push your heels into the floor and return to an upright position.
- Repeat the movement for the allocated reps.

SAFETY TIP

Maintain a flat back as you lower toward the floor

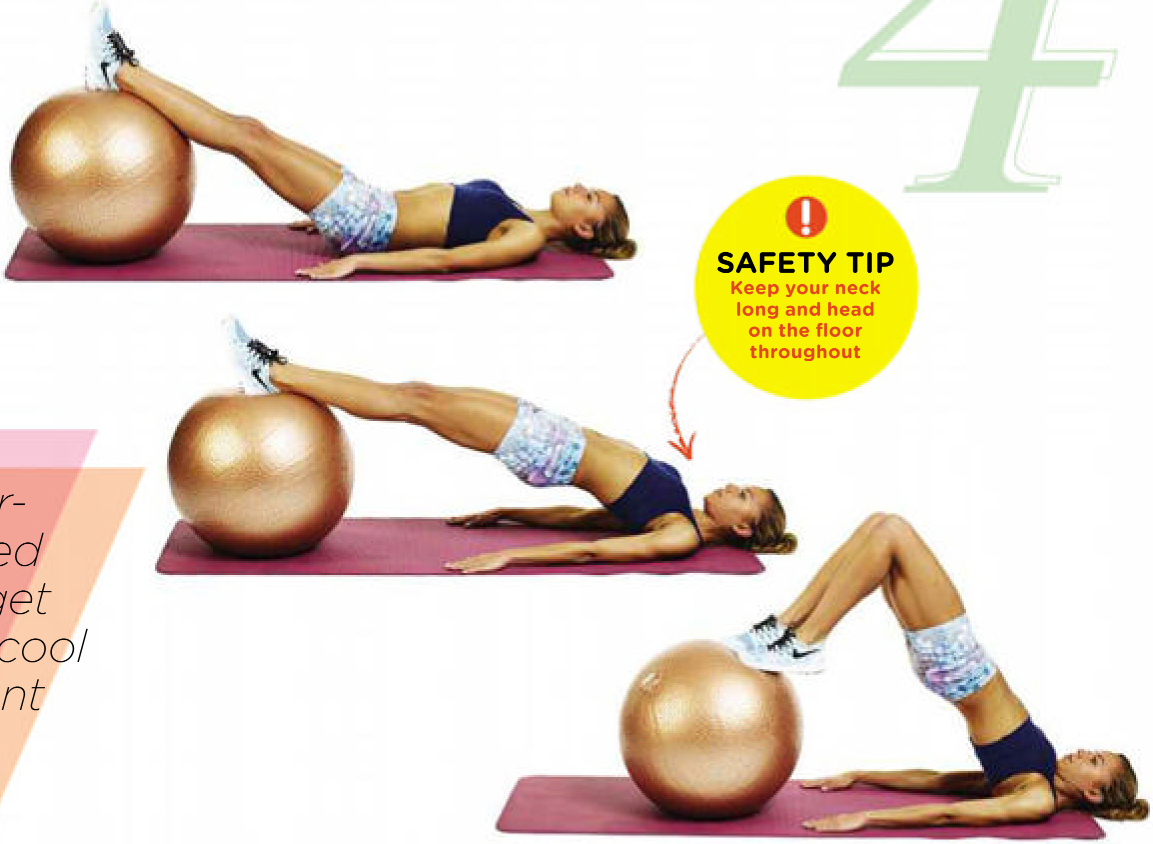


4

STABILITY BALL CURL

Technique

- Lie with your feet on a stability ball with your legs straight and your arms on the floor.
- Lift your hips up toward the ceiling to create a straight line from your feet to your neck.
- Bend your legs to pull the stability ball toward your bottom.
- Reverse the move and repeat the exercise for the allotted reps.



SAFETY TIP
Keep your neck long and head on the floor throughout

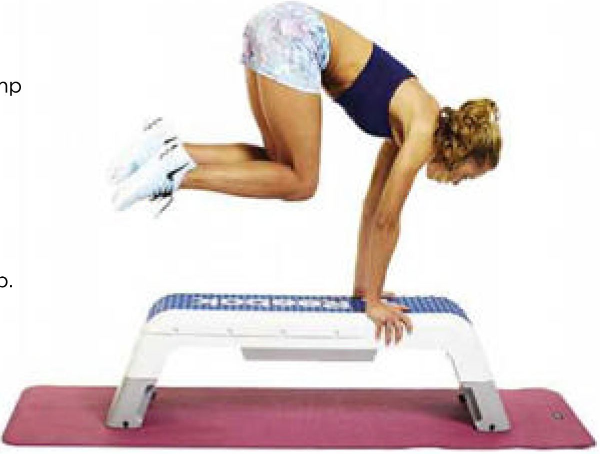
> *'These lower-body focused moves will get you feeling cool and confident in no time'*

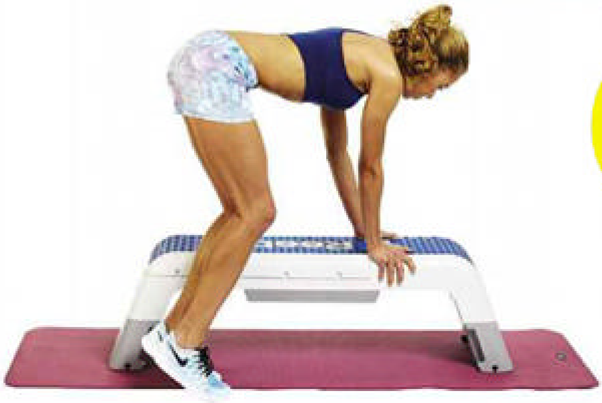
5

BUNNY HOPS

Technique

- Stand on one side of a bench and take hold of each side of it with your hands.
- Jump both legs over the bench, keeping hold of it, so that you end up in the same position on the opposite side.
- Continuously jump over the bench, trying to keep a reasonably fast pace. Jumping from left to right and back again counts as one rep.





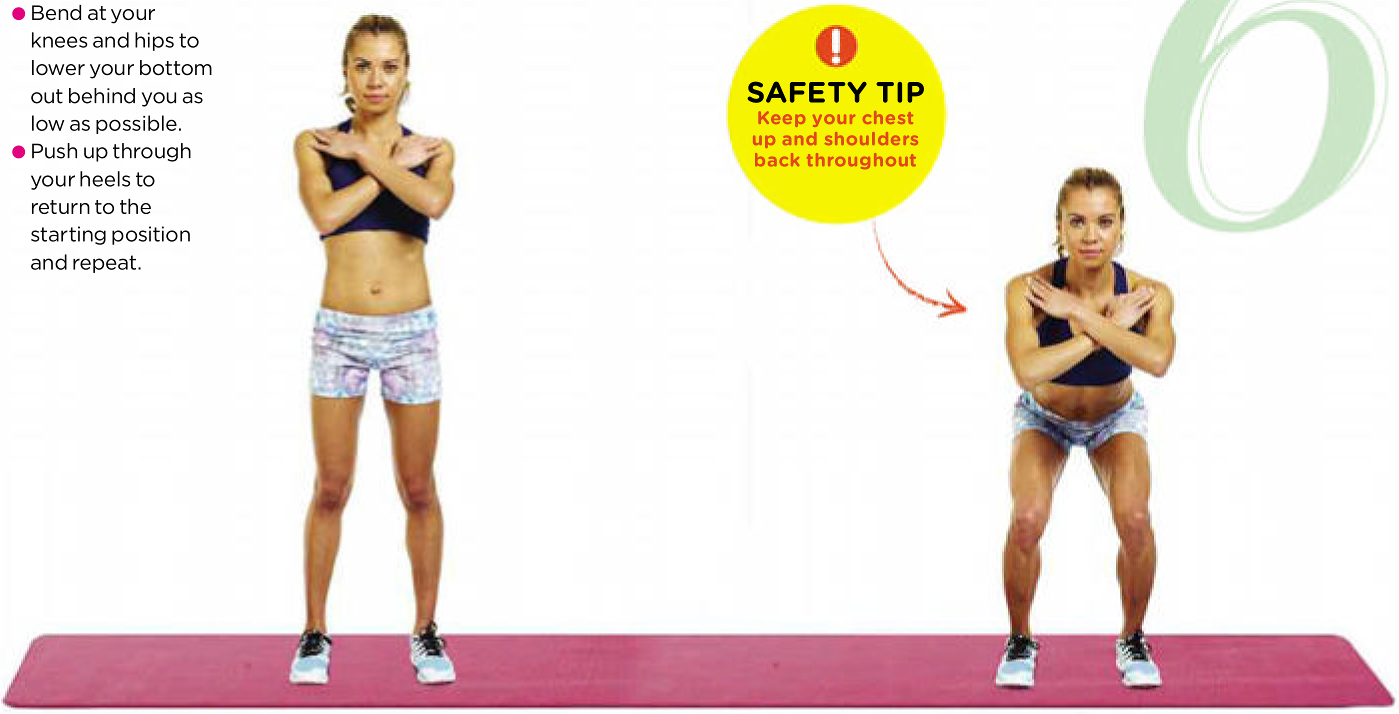
SAFETY TIP
Try not to hunch your shoulders

6

SQUAT

Technique

- Bend at your knees and hips to lower your bottom out behind you as low as possible.
- Push up through your heels to return to the starting position and repeat.



SAFETY TIP
Keep your chest up and shoulders back throughout

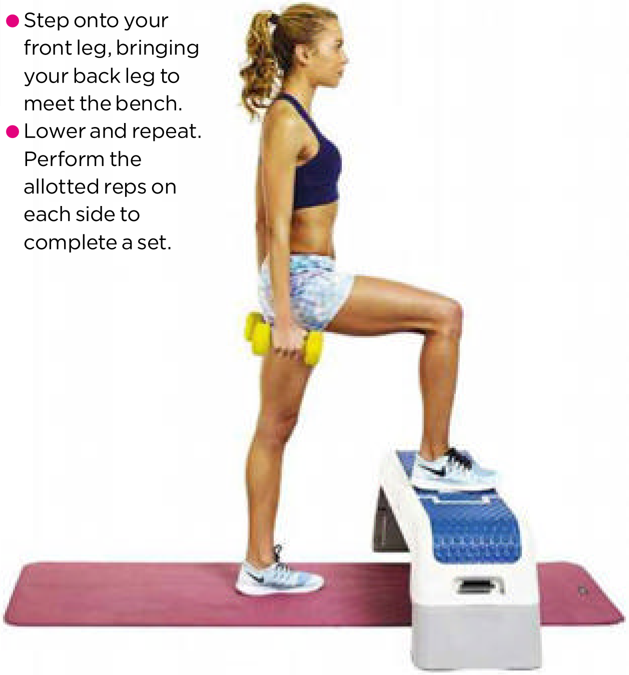
7

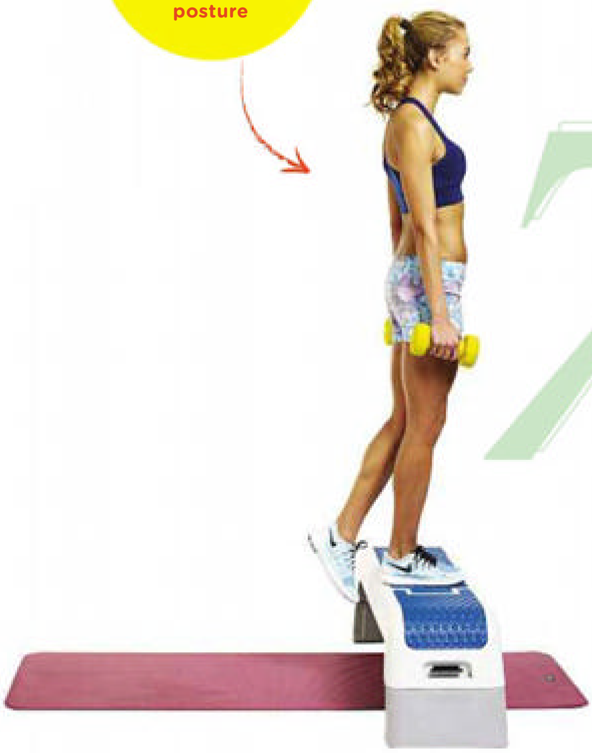
STEP-UP

Technique

- Holding a dumbbell in each hand, stand with one foot on a step or bench in front of you, and the other foot on the floor.
- Step onto your front leg, bringing your back leg to meet the bench.
- Lower and repeat. Perform the allotted reps on each side to complete a set.

SAFETY TIP
Don't let your upper back hunch – keep an upright posture





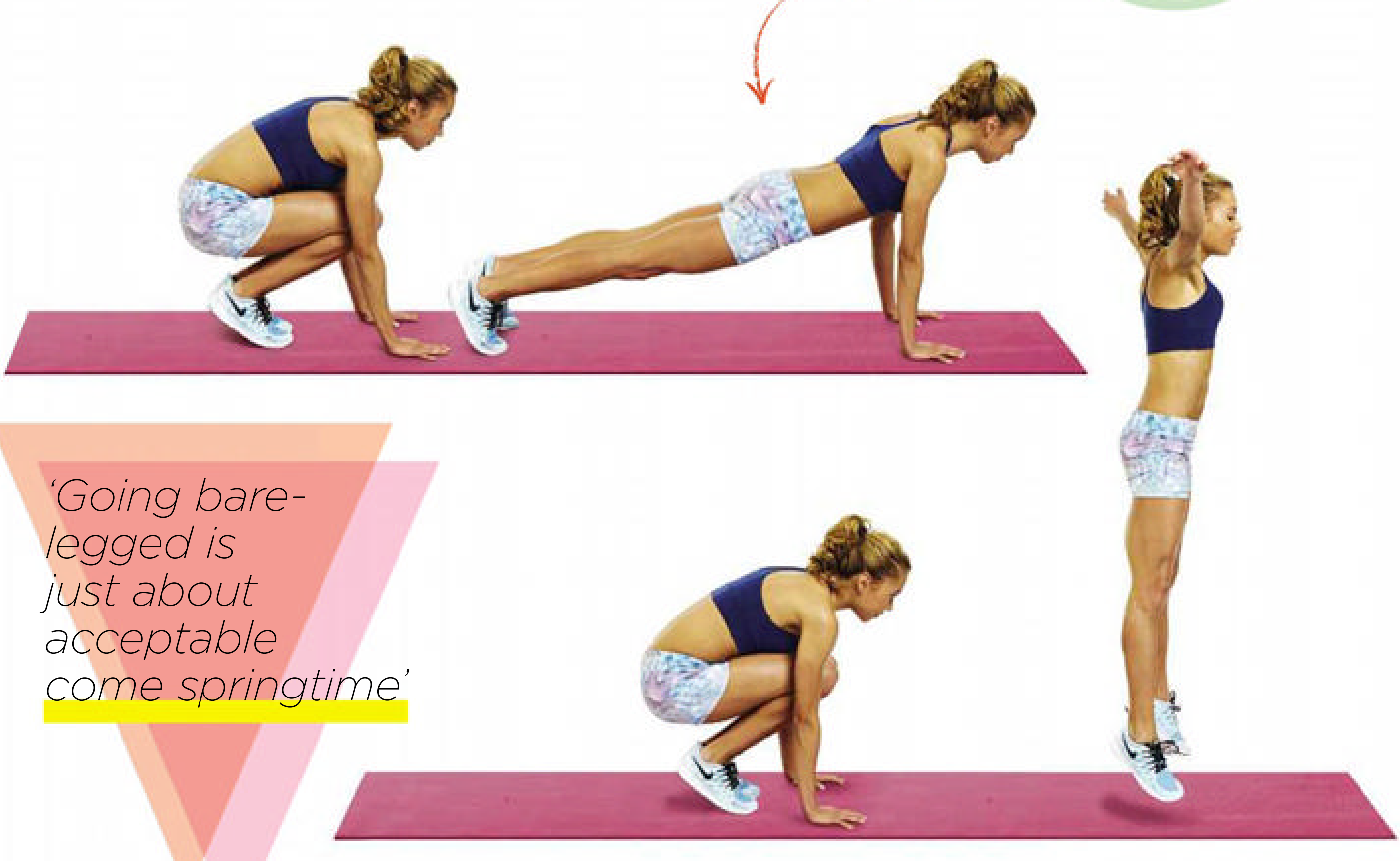
STAR-JUMP BURPEES

8

Technique

- Crouch down to place your hands on the floor by your feet.
- Jump your feet back to bring your body into plank position, then immediately jump them back to the start.
- Jump up as high as you can, bringing your arms up and legs out into a star shape in the air. Then land softly, with bent knees, and move straight into another rep.

SAFETY TIP
Don't let your hips drop lower than the rest of your body when in plank position



> 'Going bare-legged is just about acceptable come springtime'

WORDS: AMANDA KHOUV PICTURES: DANNY BIRD MODEL: NDIDI ONUORA, WATHLETIC.COM

PERFECT THOSE PINS

Need some help putting in the legwork? Try these beauty heroes

1 KIKO SKIN TRAINER BODY

Pink pepper, vitamin C and ginger work together to get your blood flowing and the texture of your skin looking more even and taut.
❒ **£18.90, kikocosmetics.co.uk**

2 THIS WORKS PERFECT LEGS GRADUAL TAN

Build a golden glow without the dangers of lying out in the sun all day, every day. Streak-free, natural-looking and moisturising, too – we love it!
❒ **£38, thisworks.com**

3 DR CEUTICALS SCULPTING CELLULITE TREATMENT

Dimpled skin around the thighs is normal and harmless, but if you'd rather rid pins of cellulite, try this firming gel.
❒ **£14.99, boots.com**

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Skin trainer body
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Fit for summer,
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The countdown to summer has begun and PhD woman is here to ensure you feel body confident this holiday season.

Our products will help you to kick start your healthy eating and exercise plan, so you are fit for summer and fuelled for life.

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PhD woman Meal Replacement
CHOCOLATE PEANUT FLAVOUR
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CARAMEL CRUNCH FLAVOUR

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WWW.PhD-WOMAN.CO.UK

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Head for the hills

Mental clarity, improved fitness and a dose of vitamin D. Who wouldn't want to get hiking? **Amanda Khouv** laces up

There's no denying us Brits love a large dose of the outdoors now and again.

Indeed, recent reports reveal that English adults made a whopping 2.93 billion visits to natural environments between March 2013 and February 2014 – and 58 per cent of the population make one leisure visit or more to the outdoors every week.

So what is it that drives us to head outdoors and brave the elements?

Feel-good factor

Perhaps it's that feeling of mental rejuvenation that being outside gives us. Jake Thompsett, adventurer and Merrell ambassador certainly agrees: 'I've never come back from a walk in the outdoors feeling down or stressed,' says Jake. 'You leave everything behind and always come back a happier person.' But the regenerative benefits aren't the only highlight of trekking, hiking and the like. You can also get a serious health boost from the sunshine. 'The best way to get vitamin D is through sunlight on the skin,' says Cassandra Barns, nutritionist at NutriCentre. 'Vitamin D can help with the symptoms of mild depression and seasonal affective disorder (SAD), as well as ensuring that calcium is absorbed properly and retained in the bones. Another important, less well-known, role of vitamin D is in immunity.'

Fun fitness

For those looking for a fitness fix, hitting the trails and mountains could also add another string to your exercise bow. 'I think one of the biggest benefits of using outdoor hiking and walking for fitness is that it's much more enjoyable and exhilarating than running on a treadmill or being cooped up indoors,' says Jake. 'If you enjoy it, you'll do it more often, for longer and put more effort in. This will have a greater effect on your fitness. I don't think I'd ever spend six hours at the gym, but I'd be more than happy to spend that amount of time walking in the hills.' Yup we'd certainly pick a couple of hours exploring the great outdoors over a stuffy gym, too.

Something for everyone

The best thing about going for a trek? Whether you're new to exercise or looking for a serious challenge, there's something in the great outdoors for you. Climbing Kilimanjaro is a massive feat, but a short woodland walk counts, too!

So, we know we like that fresh air feel, but how can we get the most out of it? Choosing the right kind of activity, knowing the right places to go and getting the right kit will really help you. And, with spring finally here, what better time to discover everything the UK has to offer when it comes to slipping on our hiking boots? Here's our pick of the best outdoor hot spots.

REPORT: MONITOR OF ENGAGEMENT WITH THE NATURAL ENVIRONMENT/(MENE) PICTURES: NATIONALTRAIL.CO.UK; NATIONAL TRUST FOR SCOTLAND; ADVENTUREWALES.CO.UK; YORKSHIRE.COM

> 'Whether you're new to exercise or looking for a serious challenge, there's something in the great outdoors for you'

Go for a hike at Hadrian's Wall

Perfect for beginners

If a casual stroll for all the family is what you're looking for, then the Hadrian's Wall Path National Trail with its 84-mile footpath and countryside views is perfect. One of Britain's most popular hiking spots, there are over 80 circular and linear walks you can do in a day. But, if you fancy upping the ante a bit, you could walk the whole path over the course of a week!

→ **For more info, go to visithadrianswall.co.uk**

Try fell running in the Peak District

If you like running but are bored of pounding the pavements, why not try your hand at fell running? And where better to test your endurance on the hills than the Peak District. It's one of the UK's favourite fell running spots. Darting over the fells can be seriously tough, and the terrain can feel unusual if you're used to flat roads. But with views like those you get in the Peak District, it's well worth it.

→ **Interested in taking your running further? Head to fellrunningguide.co.uk**

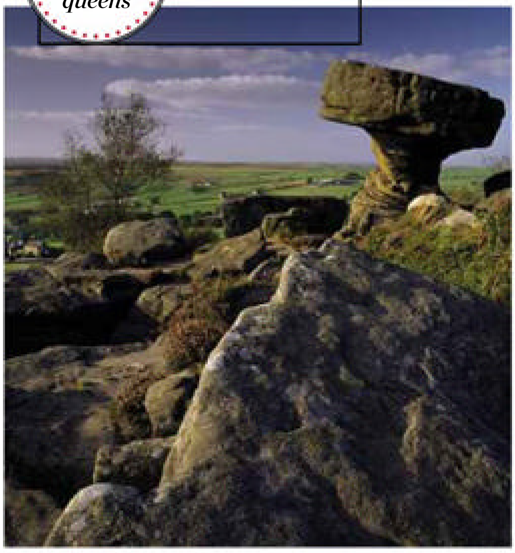
Perfect for runners

Boulder your way around Yorkshire

If heights aren't your thing but you want all the thrills associated with rock climbing, try bouldering. You'll only be a few metres off the floor at any time – which means no safety equipment! – but it's a fantastic way to tune in to nature. Keen? Check out the cliff edges and boulders of Yorkshire, including the scenic Crookrise, Caley Crags and Widdop.

→ **Check out Yorkshire's bouldering opportunities at yorkshire.com**

Perfect for climbing queens



Give rock climbing in the Brecon Beacons a go

Rock climbing is a definite on any adventurer's hit list. It may seem like a big step up from hiking and walking in terms of outdoor activities, but if you fancy yourself as a bit of an adrenaline junkie then it's a must. Particularly when you consider how beautifully breathtaking the Brecon Beacons are. Now that's a view. You needn't worry about catapulting yourself into it, either. Many instructors offer beginners' sessions so you can test out the waters to see if you'll like it first.

→ **To find out more, go to breconbeacons.org**

Perfect for adventure newbies

Head to Wales to try gorge scrambling

Perfect with friends

If you like a serious splash with your outdoor activities, gorge walking should be right up your street. It involves walking, scrambling, padding and climbing through rocky streams – or gorges – and with Wales's many valleys, you'll find plenty here. Adventures Wales even offers hen-do packages!

→ **For more info, head to adventurewales.co.uk**

Abseil in the Lake District

Perfect for thrill seekers

Nowhere in the UK is better known for its beautiful lakes and streams, so why not experience them with a twist by clipping yourself into a harness and abseiling down its many cliff edges? This may sound scary, but booking yourself in for a proper guided session will ensure you're taken through the steps carefully, so there's no need to worry. And once you start taking in the views, you won't even think about the fact that you're hanging off a cliff!

→ **For more details, go to lakedistrictadventures.co.uk**

JAKE'S TOP 5 TIPS FOR BEGINNERS

1 Get the right footwear 'Choose the right footwear for the type of walking you're doing. Your shoes need to be comfortable and fit your feet correctly to reduce the chances of damaging your feet.'

2 Walk with a friend or dog 'Walking is always more enjoyable with company. It also motivates you to get outside when a friend is knocking on your door or your dog is giving you the puppy dog eyes!'

3 Make it an experience 'Go off the beaten track, explore somewhere new, go for a swim in the river, camp out… anything that makes your walks exciting.'

4 Do your research 'Have a search online to find the best places to walk in your area or, alternatively, contact your local walking/rambling club to get some advice or to join a group.'

5 Make the most of free time 'Swap TV breaks or trips to a coffee shop for a walk in the woods, local park or mountains. It doesn't have to be a long walk, just enough to get some fresh air and blow away all the cobwebs.'

BE PREPARED!

Inspired to embrace the great outdoors this spring? Make sure you're ready for anything with these kit essentials

TWO JACKETS IN ONE

The W Squamish CIS Jacket from Helly Hansen comes with a zip-out inner jacket – great for the unpredictable British weather! It's waterproof, breathable and even has hand-warmer pockets.

❒ **£140, shop.hellyhansen.com/gb**

CONVERTIBLE TROUSERS

It's always good to have the option of adjusting your trousers to shorts when it gets warm without having to get changed. These North Face Trekker Convertible Trousers are also lightweight and quick drying. Perfect.

❒ **£65, thenorthface.co.uk**

SHORT-SLEEVED TEE

This Short Sleeve Crew Neck Technical T-shirt from Berghaus works well as a first baselayer to keep you cool and comfortable. It has effective wicking properties and is also made using Polygiene to make it odour resistant.

❒ **£30, berghaus.com**

VEGAN-FRIENDLY BOOTS

These Grassbow Sport Gore-Tex boots from Merrell include shock-absorbing air cushion heels, plus Gore-Tex lining for the ultimate in comfort. Their strong traction grips are designed to hold you safely over rough terrain and, as if that wasn't enough, they're free from animal products or by-products, so ideal for any vegan walkers!

❒ **£110, blacks.co.uk**

ANTIGRAVITY BACKPACK

The newest in the range of backpacks from Osprey is the Aura AG 50, which boasts an AntiGravity system and an entirely ventilated hip belt. Its InsideOut compression also allows for extra load support and a super-comfy fit.

❒ **£160, ospreyeurope.com**

LEAK-PROOF BOTTLE

The iconic lightweight The North Face Blue Sigg bottle is made from the world's most recycling-friendly material: aluminium. And with this reusable bottle there's no chance of your water obtaining that horrible metal taste – it's neutral and doesn't react with fruit acids, either.

❒ **£22.99, thenorthface.co.uk**

LIGHTWEIGHT ZIPPY

We love the petrol-blue shade of this Hybrid ¼ Zip Baselayer from The North Face. Great for popping over a base layer T-shirt without looking lumpy. It's lightweight, odour resistant and stain resistant – always useful!

❒ **£60, thenorthface.co.uk**

ORGANIC SOCKS

With their reinforced heels, seamless toes and air vents for breathability, Teko's SIN3RGI Midweight Hiking Socks are ideal for hiking. They're produced using eco-friendly techniques and with a lifetime guarantee, you can't go wrong.

❒ **£20, tekoforlife.co.uk**

SUN CREAM

Dealing with the soreness of sunburn while hiking is definitely not ideal! So keep yourself protected with Garnier Ambre Solaire Dry Mist. It's a non-greasy formula that's easy to apply when out and about and will leave skin feeling silky smooth.

❒ **£16, boots.com**

THE HIKING APP

Track and record your activity with the MapMyHike GPS app. There are over 70 million routes to choose from – or why not be bold and create your own? It can also be used to keep your eating on track by logging food intake.

❒ **Free, iTunes and Google Play**

WORDS: KATHERINE DUCIE

BOOST YOUR HEART

Want to keep your heart healthy, but not a fan of traditional cardio workouts? According to new research, practising yoga might just be the answer

If you want to get your heart into good nick, but the thought of running or cycling is enough to have you hiding in bed all day, then new research from Erasmus University Medical Centre in Rotterdam is something you'll want to peek over the duvet for.

Scientists have found that regularly performing yoga both reduces stress levels and increases fitness enough to help lower blood pressure and cholesterol levels. In fact, yoga is just as capable of doing this as more strenuous exercise.

Great news! Particularly when you consider that, according to the NHS, heart disease affects some 2.7 million Brits and one in eight women die from the illness.

The research also found that yoga may be even more beneficial for those already suffering from heart disease. After all, with its slow pace, yoga is far more accessible than more strenuous forms of cardio exercise, especially for those who suffer from joint issues like arthritis, too.

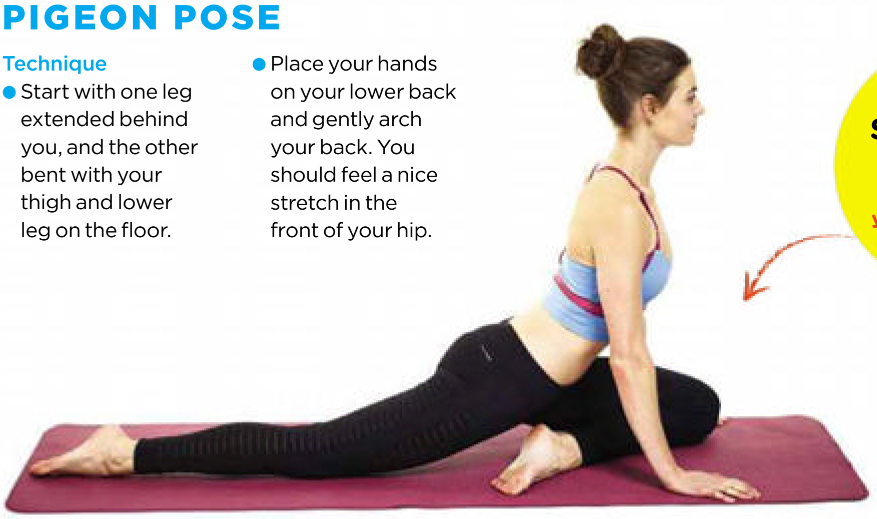
So, next time you roll out that mat and start your sun salutations, remember that it's not just a chance to clear the mind and loosen the muscles – you'll be strengthening the most important muscle in your body of all: the heart.

Try this suitable-for-all yoga workout devised by Cheryl MacDonald, founder and principal yoga teacher at YogaBellies (yogabellies.co.uk). The eight-move sequence is sure to get your heart rate up and give you that all-important cardio workout.

PIGEON POSE

Technique

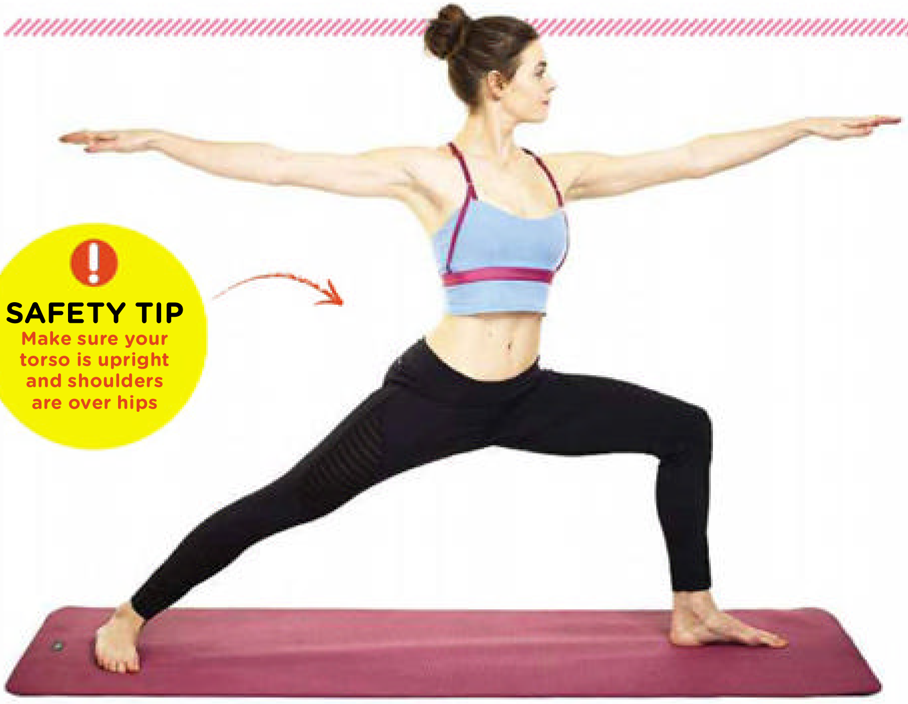
- Start with one leg extended behind you, and the other bent with your thigh and lower leg on the floor.
- Place your hands on your lower back and gently arch your back. You should feel a nice stretch in the front of your hip.



SAFETY TIP
If this variation is painful, lean forward, placing your hands on the floor in front of you

HOW TO DO IT

Hold each posture for 5 breaths before moving into the next, making sure you've completed it on both sides if necessary. You can repeat the entire sequence up to 10 times depending on your fitness level.



SAFETY TIP
Make sure your torso is upright and shoulders are over hips

WARRIOR II

Technique

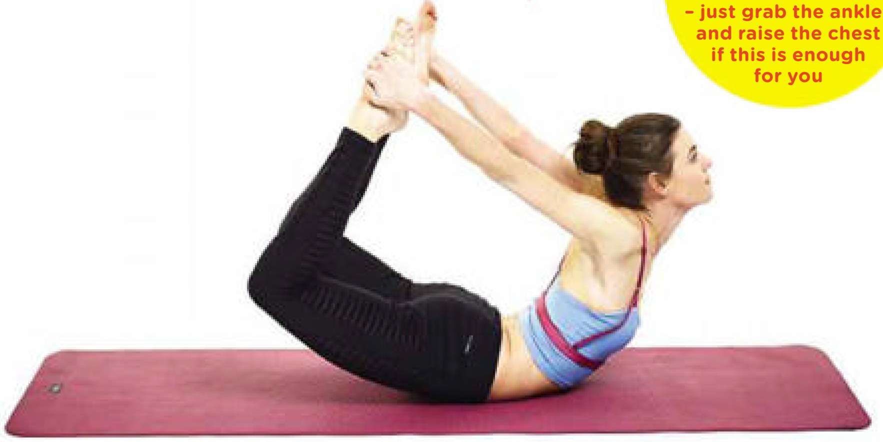
- Step forward so that your feet are wider than hip-width apart, pointing the toes of your front foot forwards and the toes of your back foot away from you. Both feet should be flat on the floor.
- Bend your front knee, keeping your back leg straight, and bring your weight forward.
- Stretch out through your fingertips in opposite directions. Your focal point should be forwards, looking over your front hand.

BOW POSE

Technique

- Lie on your belly with your hands by your sides, palms facing up.
- Exhale, bend your knees and bring your feet up toward your bottom. Reach back and take hold of your ankles. Your knees should only be hip-distance apart, if possible.
- Inhale, lifting your heels away from your buttocks. Lift your thighs up from the floor. Your head and chest will follow and lift up off the floor.
- Try to keep your back muscles soft, rather than straining. Continue to lift, press your shoulder blades together and open your chest. Draw your shoulders away from your ears. Gaze forward while breathing into your back.

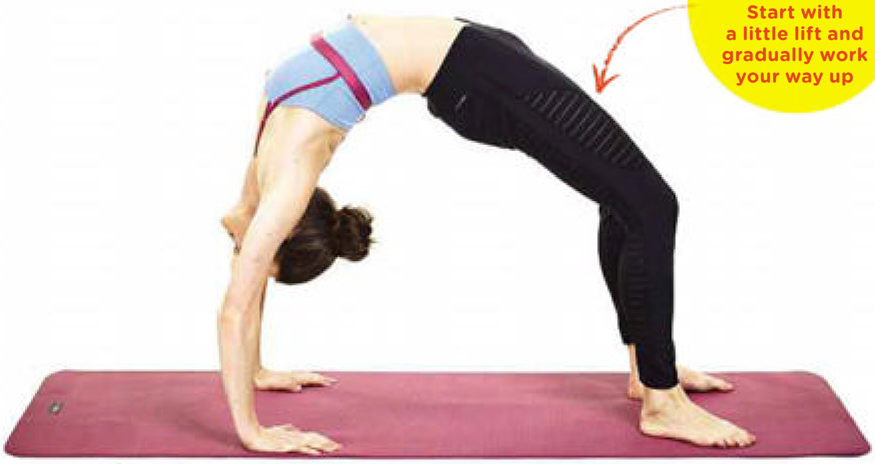
SAFETY TIP
You don't have to come all the way up – just grab the ankles and raise the chest if this is enough for you



WHEEL

Technique

- Lie on your back and bend your knees so that the soles of your feet remain flat on the floor. Keep your feet shoulder-width apart with your heels close to your bottom.
- Raise your hands, bend your elbows and place your palms on the floor beside your head.
- Gradually push with your legs and arms and lift your hips to raise your body off the ground. Then try to straighten your arms as fully as possible.
- Lift your hips and extend your back as much as possible.

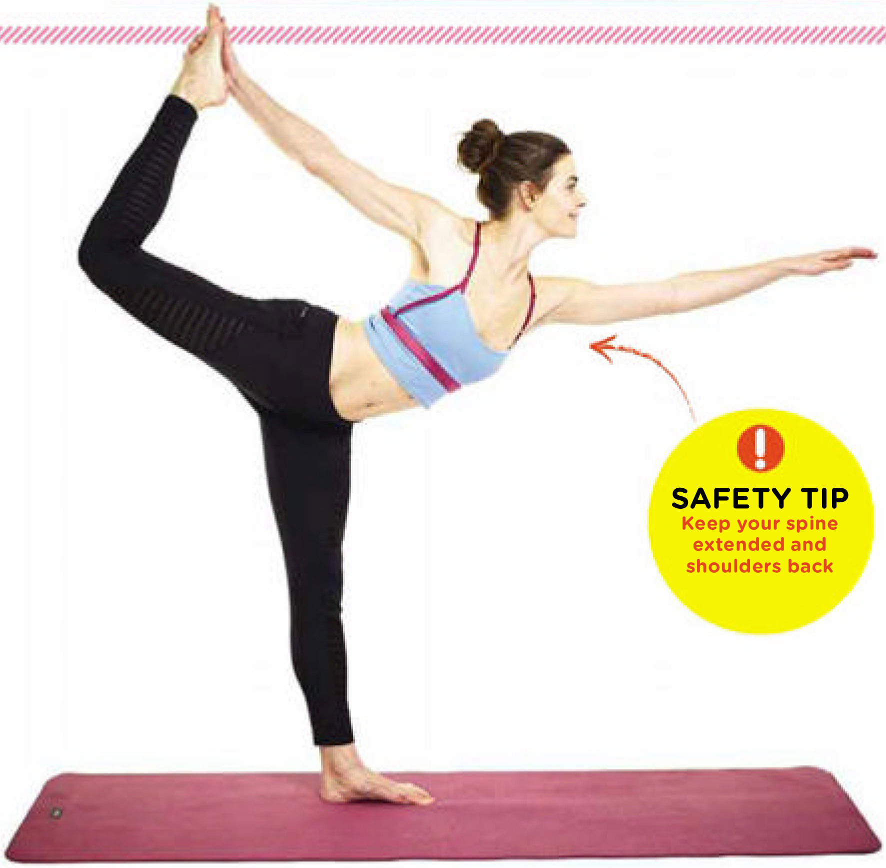


SAFETY TIP
Start with a little lift and gradually work your way up

DANCER'S POSE

Technique

- Keeping one foot planted on the floor with your leg extended, hinge at your hips to lower your upper body toward the floor. Your other leg will lift up behind you.
- Bend your back leg and take hold of your foot with the hand of the same side.
- Reach your opposite arm out in front of you and look forward over your hand.



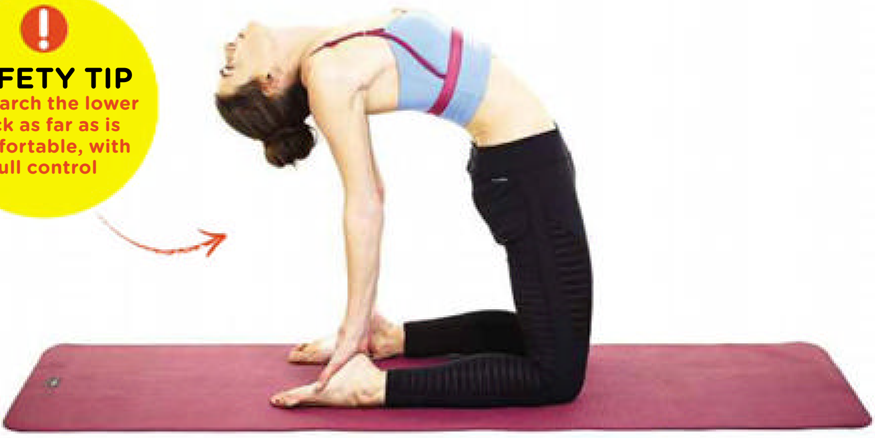
SAFETY TIP
Keep your spine extended and shoulders back

CAMEL POSE

Technique

- Start kneeling on the floor, with your torso extended and knees hip-width apart.
- Reach your hands back one at a time to grasp your heels, then push your hips forward so that they are directly over your knees. Allow your head to come back, opening your throat and chest to the ceiling as you do so.
- If it's too much of a stretch to reach all the way back to your feet, just take your hands to your hips. Look up and bend gently backwards, as far as is comfortable.
- Take your shoulders back and down, and open your chest as much as is possible as you bend backward gently from your hips.

SAFETY TIP
Only arch the lower back as far as is comfortable, with full control



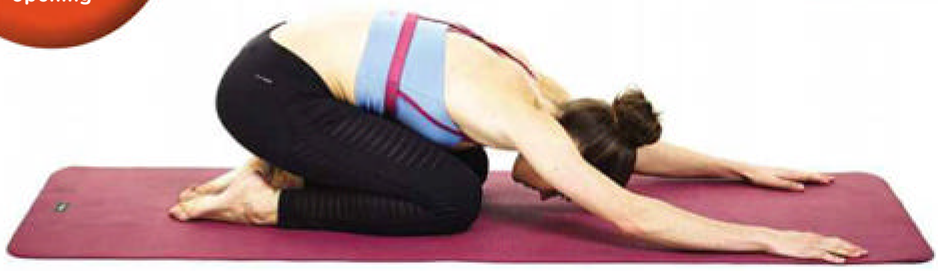
CHILD'S POSE

Technique

- Kneel on the floor with your knees hip-width apart and touch your big toes together.
- Exhale, draw your sit bones back toward your heels and bring your forehead to the floor. Lay your tailbone heavy on your heels while you lift the base of your skull away from the back of your neck.
- Extend your arms out in front of you, fingers spread wide, or lay your hands on the floor alongside your torso, palms facing up, releasing the fronts of your shoulders towards the floor. Feel how the weight of your shoulders pulls your shoulder blades wide across your back.

> 'Performing yoga both reduces stress levels and increases fitness enough to help lower blood pressure and cholesterol levels'

HOT TIP
As you inhale, feel your belly expanding into your thighs and your lower back opening

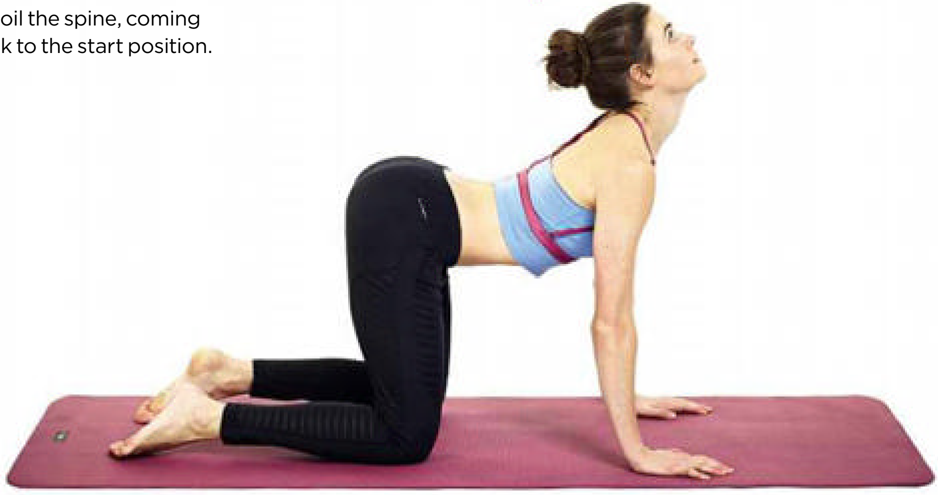


COW POSE

Technique

- Start on your hands and knees, with your knees set directly below your hips and your wrists, elbows and shoulders in line and perpendicular to the floor. Centre your head in a neutral position, eyes looking at the floor.
- Inhale, lightly lift your lower belly. Exhale, scoop your tail bone under as you round your back towards the ceiling. Feel as though the centre of your spine is being lifted to the ceiling and the space between each vertebra is opening. Release your head toward the floor, but don't force your chin to your chest.
- Initiating movement from your tail bone, inhale and uncoil the spine, coming back to the start position.

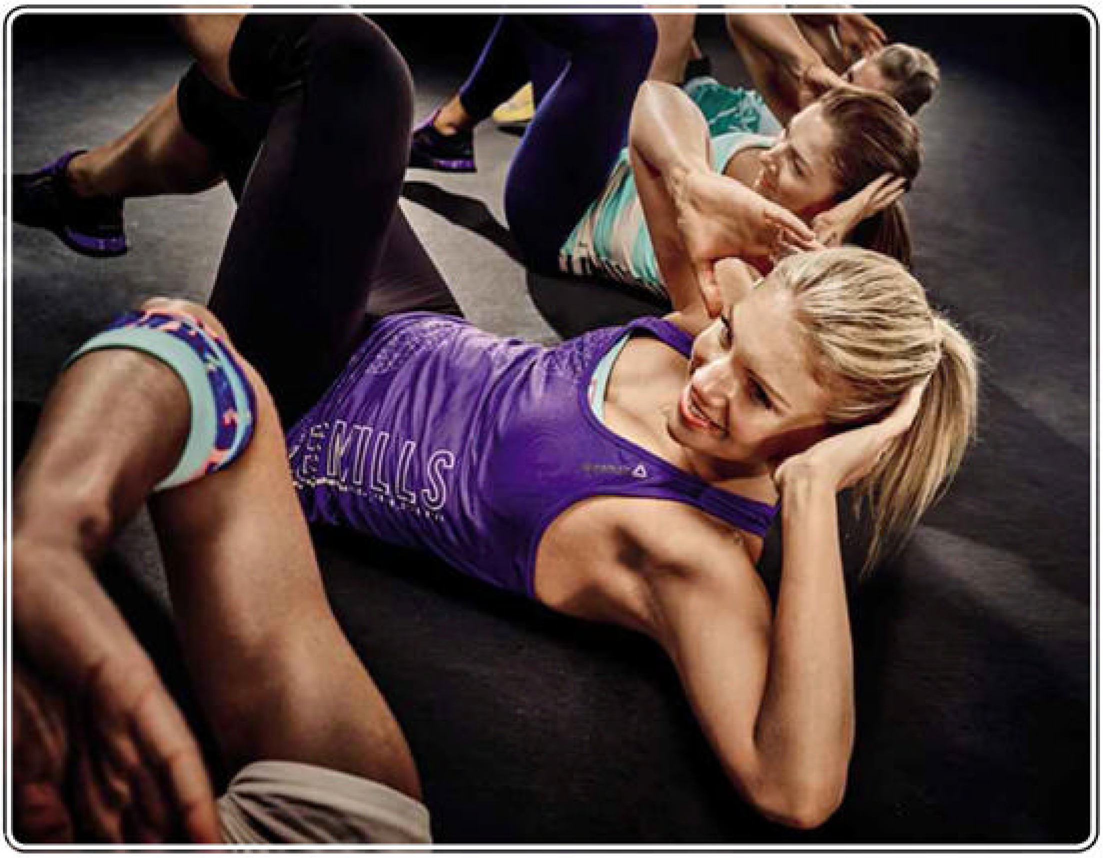
SAFETY TIP
Don't allow your shoulders to hunch



WORDS: AMANDA KHOUV PICTURES: DANNY BIRD MODEL: KATE IMOGEN, WATHLETIC.COM
CLOTHING: LIJA BRA, £60, LIJASTYLE.COM; REEBOK LEGGINGS, £35, REEBOK.CO.UK KIT: MAT, AGOY.CO.UK

DO IT YOURSELF

We're not sure we could ever motivate ourselves the way Tori, our Les Mills instructor, motivated us, but we could certainly give it a go. For the 15 minutes of cardio, try side steps, squats with reaches and knee lifts in time to some fast-paced tunes. For the 15 minutes of strength, do squats, lunges and simple moves with a resistance band, going through a medium-intensity circuit without rest. Finally, for the core section, try alternating holding planks, side planks, v-sits and your other favourite abs moves.



CLASS ON TRIAL

BodyVive

Get three workouts in one with this new cardio, core and strength class from Les Mills

WHAT IS IT?

With more and more people struggling to squeeze fitness into their schedules these days, global fitness brand Les Mills – the people who brought us BodyPump – has relaunched its BodyVive class with this in mind. The 45-minute class is split into three sections: 15 minutes of cardio, 15 minutes of strength work and 15 minutes' targeting the core. The cardio section borrows moves and techniques from your favourite dance and aerobics, while you can expect lunges, squats and the use of resistance tubes for the strength section. The movements are performed to a backdrop of uplifting and fun tracks, and the time seriously flies by.

WHAT ARE THE BENEFITS?

While 45 minutes is a solid amount of workout time, this class really feels like three mini-workouts, which makes it perfect for the easily bored or time-poor among us. And if you thought that 15 minutes for each section wouldn't be enough to make a difference, think again. The three sections work together to offer an array of benefits: calorie burn, a boost in mood and energy and a serious challenge for the heart and lungs.

> 'This class really feels like three mini-workouts – perfect for the easily bored or time-poor'

HOW HARD IS IT?

For those who find keeping in rhythm tough, it's worth noting that a little coordination is required for this class – particularly the aerobics-heavy cardio section. It's easy to get the hang of, though, and fun regardless. The strength section gets you tackling muscle groups you probably neglect in your own workouts, which is tough. But it's over and done with pretty quickly and the instructor is a great motivator! There might be a few moments where you have to really dig deep (and that's what gets results of course!), but overall this is a manageable class – ideal for beginners to get to grips with the different aspects of fitness.

WHERE IS IT?

BodyVive runs at various gyms and health clubs nationwide. To find your nearest class, head to lesmills.com/findaclass. Prices vary.

AMANDA'S VERDICT

BodyVive is probably most suited to those who really enjoy the motivational group exercise setting and don't necessarily want to go hell-for-leather in every training session. There are no weights involved, and the pace is kept at a low to medium intensity throughout. It's perfect for beginners and busy people who want to hit a multi-dimensional way of working out in one quick session.

WORDS: AMANDA KHOUV PICTURES: LES MILLS

Hit the barre

Want all the benefits of a ballet workout at home? Barreworks gets you started

Barre classes are all the rage right now. Wherever you look, there's a new class launching, a new studio opening or a new celebrity endorsing the workout.

There are a couple of things that often put people off trying this ballet-fitness fusion, though. One is money – it can be tough parting with that much cash for a workout you're not sure you'll even like (classes are in the region of £20); the other is that it can be a little intimidating, especially if you've never done any ballet or even a dance class before.

But there is a solution – and we have it right here! Barreworks Studio in London has put together this fantastic workout for you to practise at home. Not only does it cost nothing, but it will also enable you to build up your knowledge and confidence before diving into a class. Having said that, though, Barreworks classes *are* suitable for all levels (plus they offer trial sessions for £12!).

Either way, regular barre workouts are sure to give you a body to die for. 'There's no secret to achieving a lean, sculpted dancer's body,' says Vicki Anstey, Barreworks founder. 'It takes regular investment in the right kinds of exercise and a combined use of key muscle groups. Targeting both large and small muscle groups not only burns calories, but also promotes good posture and subtle, but noticeable tone.'

And the great news is, the home workouts don't end here, as Barreworks also offers classes online! Simply check out barreworks.co.uk.

HOW TO DO IT

Perform the allotted reps for each move in a circuit format. Then take a minute's rest (no rest for advanced) Repeat the circuit.

Beginner:
1-2 x 10 reps

Intermediate:
3 x 15 reps

Advanced:
5 x 20 reps

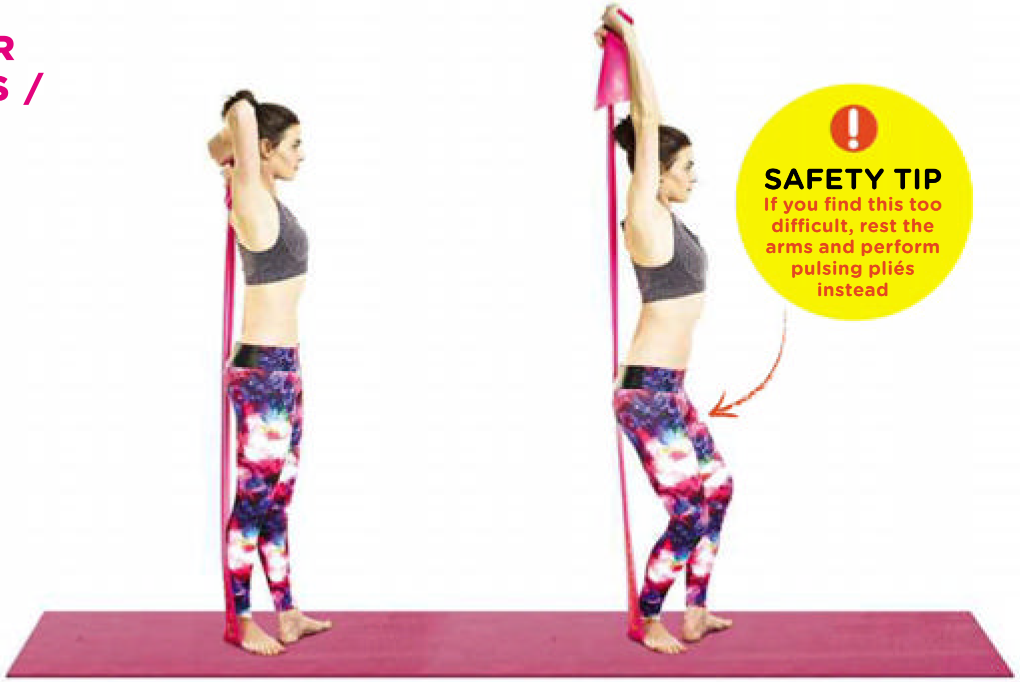
KIT YOU'LL NEED:
• Resistance band • Chair

COMBINED UPPER ARM TIGHTENERS / HOLDING PLIÉ

Areas trained:
TRICEPS, THIGHS

Technique

- Start with your feet one in front of the other, a few inches apart. Step the heel of the rear foot onto a resistance band to hold it firmly to the floor (holding the other end of the band in both hands).
- Perform deep demi-pointe pliés by bending the knees outward. Keep your torso upright as you extend your arms up toward the ceiling and lower.



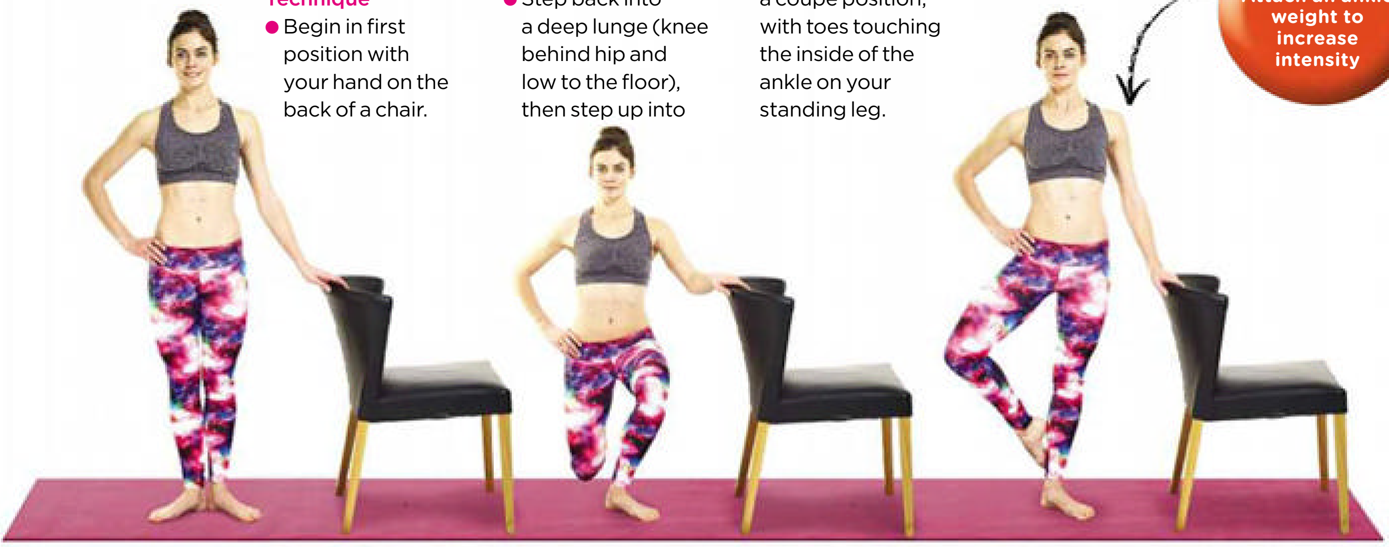
SAFETY TIP
If you find this too difficult, rest the arms and perform pulsing pliés instead

BALLET LUNGE

Areas trained: **THIGHS, BOTTOM**

Technique

- Begin in first position with your hand on the back of a chair.
- Step back into a deep lunge (knee behind hip and low to the floor), then step up into a coupé position, with toes touching the inside of the ankle on your standing leg.



HOT TIP
Attach an ankle weight to increase intensity

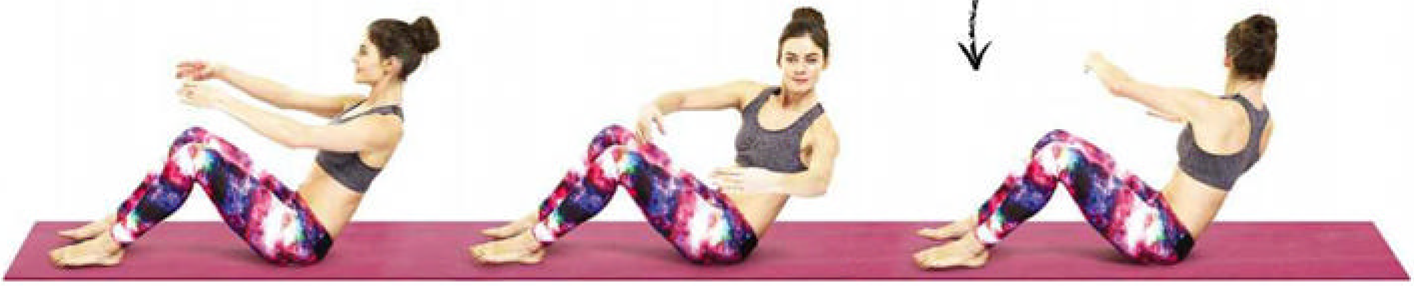
THE WAIST CINCHER

Areas trained: **SIDES OF STOMACH**

Technique

- Sitting on the floor, recline your upper body to an upright angle, 45 degrees from the floor, with your arms in front of you in a low ballet first position.
- Twist to one side, then the other to complete one rep.

HOT TIP
Lift your feet off the floor for an extra challenge



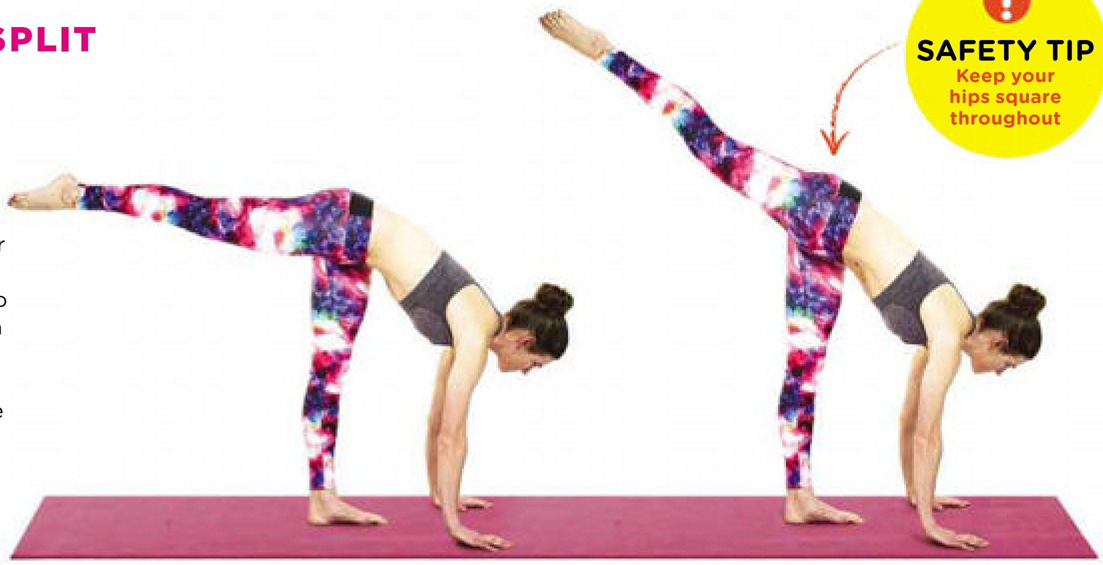
STANDING SPLIT

Areas trained:

CORE, BOTTOM

Technique

- Step one foot forward and lean over to touch the floor in front of your foot for stability.
- Lift your rear leg high to the ceiling and perform small pulsing movements upwards.
- Repeat on the opposite leg for the allotted number of reps.



SAFETY TIP
Keep your hips square throughout

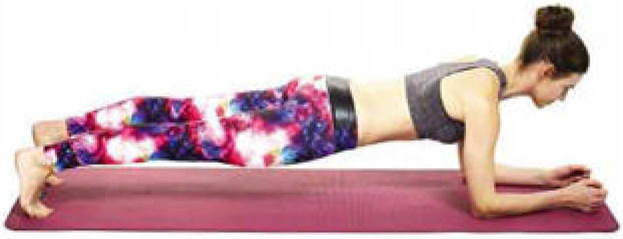
EXHALE PLANK

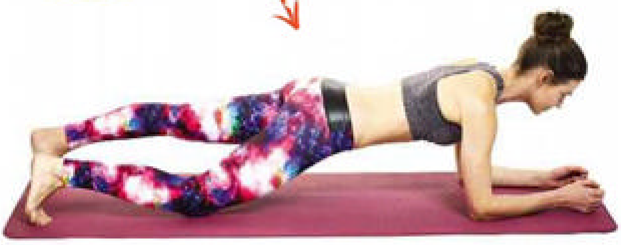
Areas trained: **CORE, LEGS**

Technique

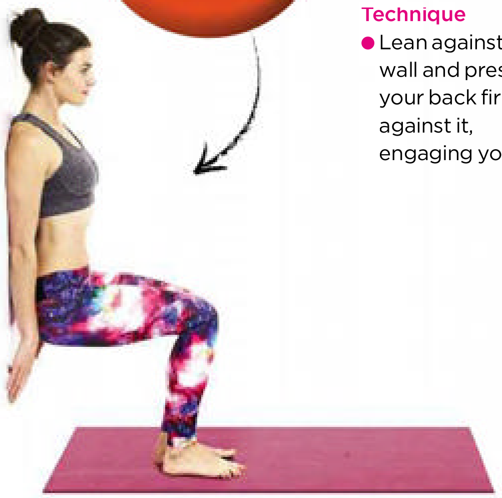
- Start in plank position on your forearms with your body in a straight line.
- Tap one knee on the floor without losing form, then return to the start and repeat with the opposite knee to complete one rep. Tap both knees simultaneously if this is too easy.

SAFETY TIP
Simply hold the plank for 10 seconds if this is too difficult





HOT TIP
Hold each rep for a few seconds longer to make this more challenging



SEATED THIGH SQUEEZE

Areas trained: **QUADS, INNER THIGHS**

Technique

- Lean against a wall and press your back firmly against it, engaging your stomach muscles, as if you are sitting on a chair.
- Squeeze your knees together.

> *'Targeting both large and small muscle groups not only burns calories, but also promotes good posture and tone'*

WORDS: AMANDA KHOUV PICTURES: DANNY BIRD MODEL: KATE IMOGEN, WATHLETIC.COM

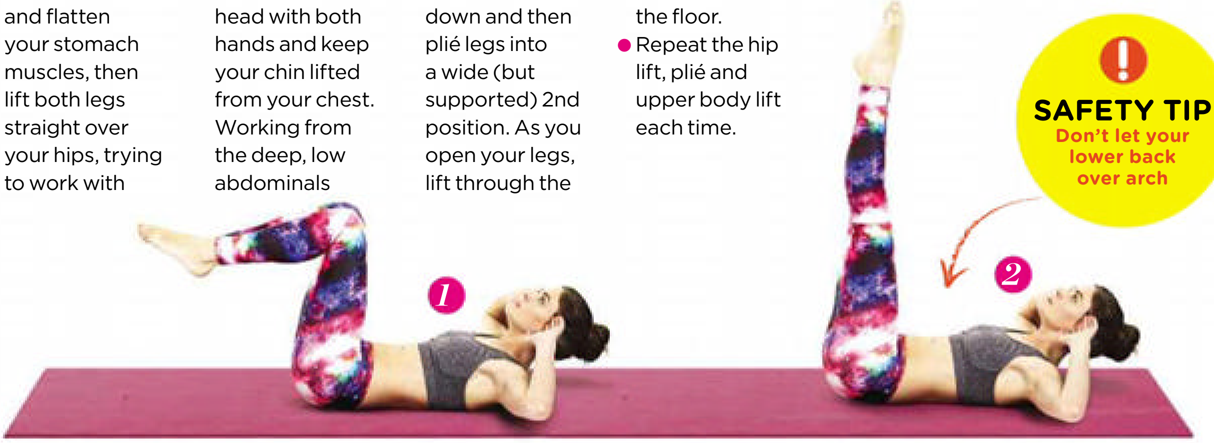
HIP LIFT / PLIÉ REACH-THROUGH

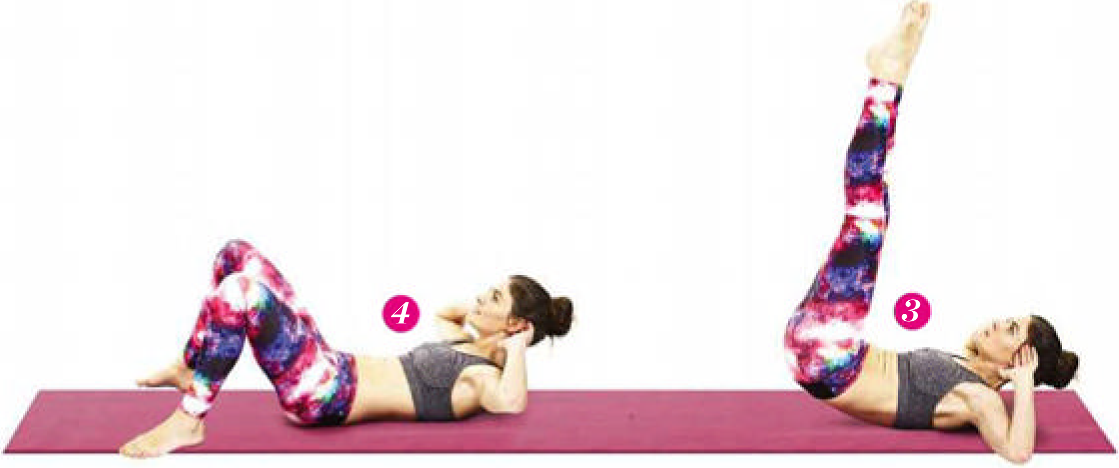
Areas trained: **STOMACH, LEGS**

Technique

- Lie on your back, with knees bent. Engage and flatten your stomach muscles, then lift both legs straight over your hips, trying to work with straight legs for as long as possible.
- Support your head with both hands and keep your chin lifted from your chest. Working from the deep, low abdominals (around navel), lift your hips just off the floor, lower back down and then plié legs into a wide (but supported) 2nd position. As you open your legs, lift through the stomach muscles to bring your head and shoulders off the floor.
- Repeat the hip lift, plié and upper body lift each time.

SAFETY TIP
Don't let your lower back over arch





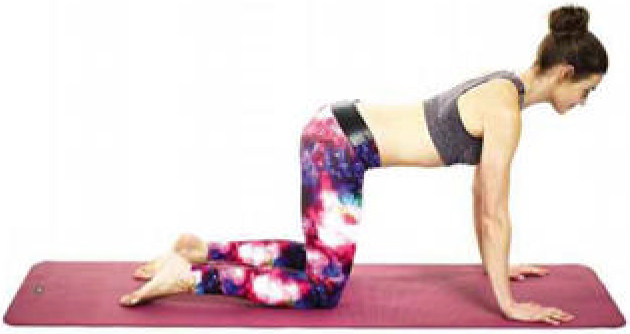
GLUTEAL KICK-BACKS

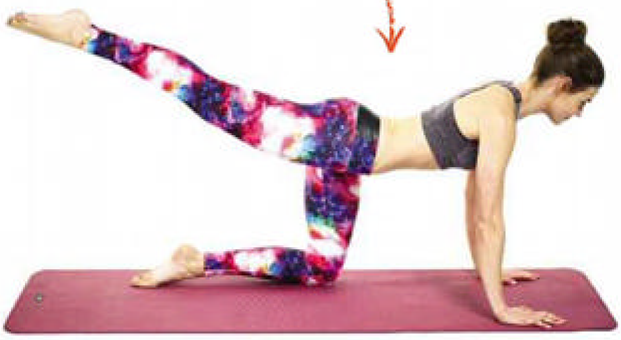
Areas trained: **BOTTOM, CORE**

Technique

- Start on your hands and knees.
- With power, but control, sweep one leg back until your bottom muscles contract. Hold briefly before lowering your knee back down and repeat.
- Perform the allotted reps on each leg to complete one set.

SAFETY TIP
Keep your back flat and don't over arch





GET THE LOOK

CLOTHING: F&F bra, £8, f-f.com; Suki Shufu leggings, £85, sukishufu.com
KIT: Resistance band, reebokfitness.info; mat, agoy.co.uk

#FIT

The kit, gear and accessories we can't get enough of this month

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Get your hands on Proto-Col's new Skin Cleanser for post-gym showers. The calming chamomile will get hot-and-flustered skin back to normal after a tough session.
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On cloud nine
The new Cloudsurfer shoe from Swiss brand On will see you flying through your workouts. They're lightweight and super-responsive – once you've tried them you won't go back.
❑ £120, on-running.com

Sounds and strides
One of London's favourite runs – Sure Run to the Beat – is back this September. The 10K is set to music throughout – with live DJs all around the course – and there'll be an epic party to finish. Entry is open now.
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Take hold
Dry-stretch fabric, removable pads and breathable mesh panels are just a few of the reasons we love this awesome F&F Active Medium Impact Sports Bra.
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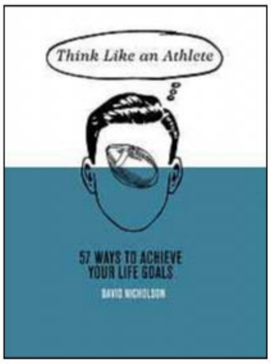
Think Like an Athlete
57 WAYS TO ACHIEVE YOUR LIFE GOALS
DAVID NICHOLSON

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WORDS: AMANDA KHOUV

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- Stability ball

HOW TO DO IT

Either add these moves to your regular workouts or put the three moves together in a circuit-style format. Perform the allotted reps of each move one after the other without rest. Once a full set of each has been completed, take a minute's rest and repeat for the allotted number of sets.

Beginner: 4 x 5 reps
Intermediate: 4 x 10 reps
Advanced: 5 x 10 reps

On the ball

Throw your workout a curve ball – or, should we say, a stability ball?

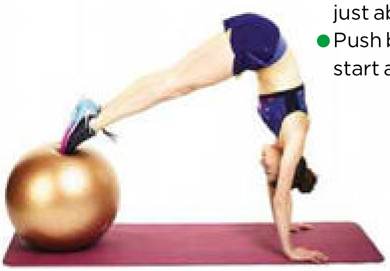
The stability ball is a seriously legit piece of kit. It's effective not only for challenging your core, but also for adding an additional obstacle to your regular moves – instability. If you thought you'd exhausted all your stability ball options, change up the game a little with these creative moves. You'll be feeling it in muscles you didn't know existed by the end of your workout.

PIKE PRESS-UP (HANDSTAND PRESS-UPS IN PIKE POSITION)

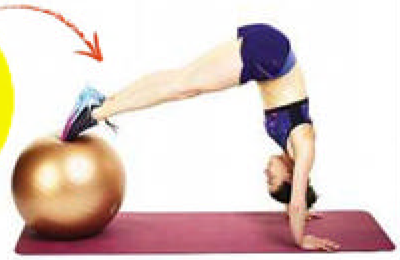
Areas trained: **SHOULDERS, TRICEPS, CORE**

Technique

- Start in plank position with your hands on the floor and feet on a stability ball. Keeping your legs straight, fold at your hips to roll the ball toward your hands, adopting a pike position.
- Bend your arms to lower yourself to the floor until your head is just above the ground.
- Push back up to the start and repeat.



SAFETY TIP
Practise this on a bench or sturdy surface if the ball is too unstable



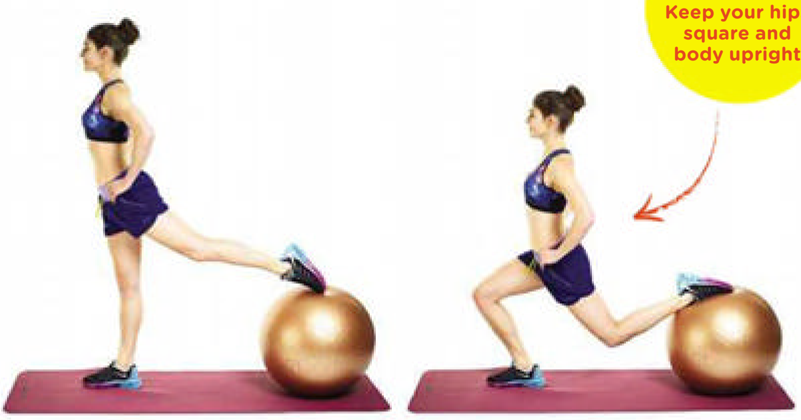
BULGARIAN SPLIT SQUAT

Areas trained: **QUADS, BOTTOM**

Technique

- Stand with one foot behind you on a stability ball
- Bend your front leg to lower, then push back up and repeat.
- Perform the allocated reps on each leg to complete a set.

SAFETY TIP
Keep your hips square and body upright



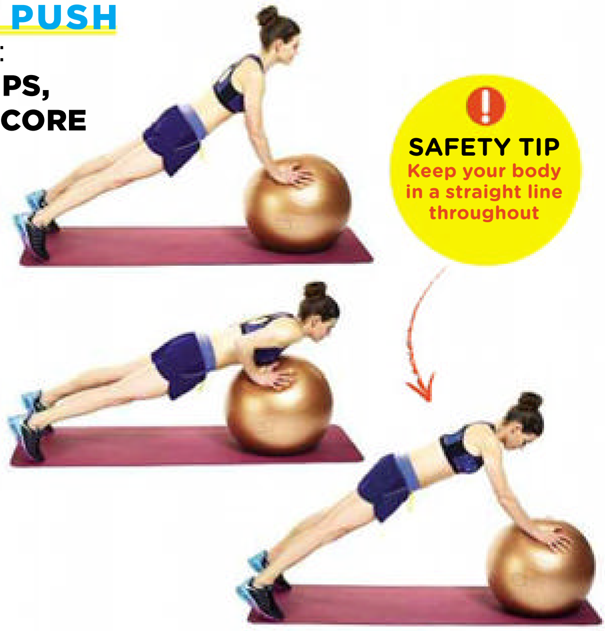
PRESS-UP PUSH

Areas trained: **CHEST, TRICEPS, SHOULDERS, CORE**

Technique

- Start in plank position with your hands on the ball.
- Bend your arms to lower your chest to the ball then push back up to the start.
- Then nudge the ball forward then back.
- Repeat.

SAFETY TIP
Keep your body in a straight line throughout

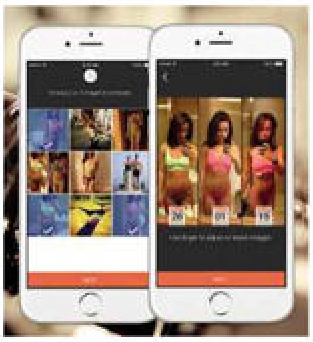


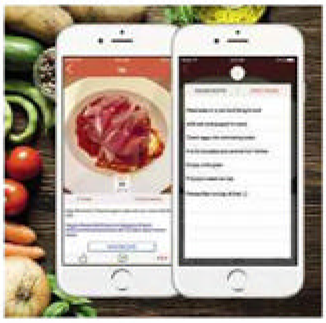
WORDS: AMANDA KHOUV PICTURES: DANNY BIRD MODEL: KATE IMOGEN, WATHLETIC.COM CLOTHING: F&F BRA, £10, F-F.COM; ASICS SHORTS, £30, ASICS.CO.UK; NIKE AIR MAX 2015 TRAINERS, £140, NIKESTORE.COM KIT: STABILITY BALL, PHYSICALCOMPANY.CO.UK; MAT, AGOY.CO.UK

POOR ★☆☆☆☆ **GOOD** ★★☆☆☆ **VERY GOOD** ★★★☆☆ **EXCELLENT** ★★★★☆ **OUTSTANDING** ★★★★★

No cheat days!

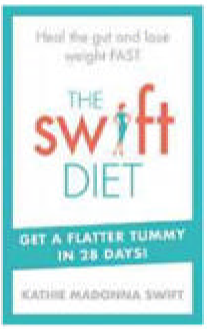
If you're prone to excessive food, lycra and general selfie posting on social media, download the Healthy Selfie app and you can do so guilt-free. Dubbed the 'Instagram of Health and Fitness', users can upload selfies to log their fitness progress or what they're eating. Each post also has a date stamp to retain authenticity and help you chart your progress!





Reviews

All the latest releases tried and tested for you by team WF


Heal the gut and lose weight FAST
THE swift DIET
GET A FLATTER TUMMY IN 28 DAYS!
KATHIE MADONNA SWIFT

THE SWIFT DIET

by Kathie Madonna Swift

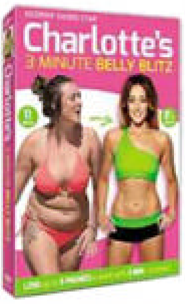
£12.99, available on Amazon

Who said getting a flat tum had to be boring? *The Swift Diet* makes cooking great fun and with over 80 delicious recipes you're spoilt for choice. It's a great reminder that being healthy doesn't have to be a chore. Rather than providing you with a weight loss quick-fix it provides a much more efficient, long-term solution. *The Swift Diet* helps you understand your body like never before and identifies exactly what causes those off-the-wagon days and extreme junk food cravings and how to control them. It also talks you through the impact your mind and stress levels have on your digestion. You'll also learn to eradicate bloating, ace your cardio sessions and chillax with yoga. If you want to give yourself a total body and mind makeover, make this your starting point!

STAR RATING: ★★★★★

Katherine Ducie

READER REVIEW



CHARLOTTE'S 3 MINUTE BELLY BLITZ

£12.99, available on Amazon

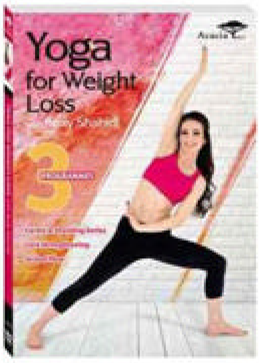
I've always viewed celeb fitness DVDs with scepticism. I've always thought they were gimmicky – that the celebrity was the selling point, not the content. But, when I saw that *Charlotte's 3 Minute Belly Blitz* had become the best-selling fitness DVD in 15 years, I admit it piqued my interest. However I still expected it to be focused towards newbies, with the "if I can do it, you can do it" attitude. Never have I been more wrong.

I do three days of HIIT a week and two days of ashtanga, but this DVD made me sweat more than I have in months. Broken into 12 three-minute sections that alternate between kickboxing-based cardio and body weight resistance, it's a recipe for success. The additional 10-minute ab workout also targets all the abdominal muscles – obliques, upper and lower – in a very effective way. In short, I'm not surprised it's such a best-seller.

Ultimately, I give it 4 out of 5 stars – it genuinely works, but it's not ground-breaking, and it's more advanced than you'd expect. If a newbie picked it up for the celebrity factor, they'd likely be put off quite quickly by the intensity, but for regular exercisers it's ideal.

STAR RATING: ★★★★☆

Kim Wedlock, Bristol



YOGA FOR WEIGHT LOSS

by Roxy Shahidi

£12.99, available on Amazon

The day before reviewing *Yoga for Weight Loss*, I'd actually attended a yoga class at my local gym and the sequence of poses were almost exactly the same as the DVD – except it was a totally different experience. Roxy's continuous and flowing commentary, which includes an explanation of what muscle group the pose is working on, really helps you to focus and understand where the difficulty should be in each stretch. This guidance can often be lost in a class, especially if it's a particularly large one. What I also found great was learning how to breathe properly with every pose. I've always struggled to co-ordinate my breathing with the poses, but I was amazed to find that I got the hang of it after just two sequences. This is a really useful DVD if you want a more one-on-one approach or want to challenge yourself a bit more.

STAR RATING: ★★★★★

Lisa Nguyen

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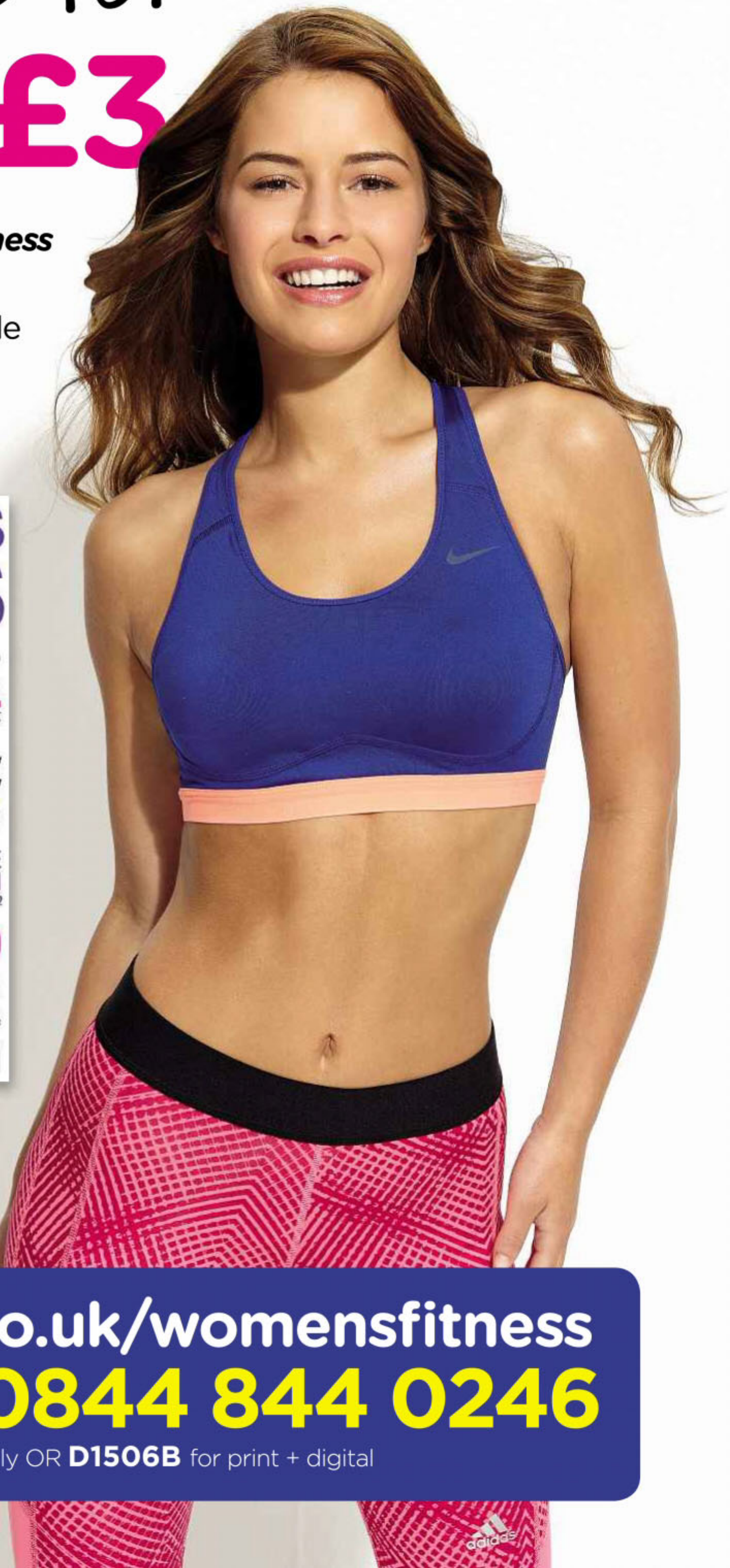

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TESCO

21-PAGE SPECIAL

WF LOVES cycling

PEDAL PEOPLE

This month we're telling you all about our love for two-wheeled adventures! And we're encouraging you to get involved, too. Need convincing? Turn to page 56. Then get kitted out, fuelled up and ready for action with our ultimate cycling guide.

56 10 reasons to saddle up today
58 Get kitted out
62 Find the right fuel
64 Ready, set, explore!
69 Boost your pedal power
72 Chic cycle fashion

PICTURE: SHUTTERSTOCK

10 REASONS TO GET ON YOUR BIKE!

Saddle up to change your life, says **Louise Pyne**

What's not to love about cycling? There's no greater pleasure than the feeling of freedom you get pedalling out on the open road.

And let's not forget that cycling – whether on an indoor bike in the gym or touring the streets – is the perfect way to get your exercise fix. Here are our favourite reasons to saddle up today.

REASON 1: KEEP SLIM

Want an awesomely fit body? Hit the spin bike! High-intensity spinning classes offer a great head-to-toe toning workout and they're suitable for everyone – regardless of your fitness level. The interval sessions really challenge your lower body and the calorie-burning potential is pretty impressive, too. 'The most beneficial part of spin classes is the intervals, as they challenge the body so you can get the most out of your workout,' says Chris Foster, professional head of fitness at nuffield health (**nuffieldhealth.com**). Looking for a fresh alternative to your regular spin class? Check out BOOM Cycle, it's an awesome indoor cycling class with an emphasis on fun and great music, it's a firm team *WF* favourite (**boomcycle.co.uk**).

Over 40 per cent of the UK population owns or has access to a bike

Cambridge has the highest number of cyclists in the UK

> 'Turn your commute into your workout to save money and lengthen your lifespan'

REASON 2: IT'S BETTER FOR THE ENVIRONMENT

Nobody wants to live in a world clogged up with unhealthy carbon emissions that wreak havoc on health. So ditch your car and get on your bike instead. A study by the European Cyclists Federation found that Europe could reduce its CO_2 emissions by a quarter if its population cycled as regularly as the Danes. In Denmark the average person cycles almost 600 miles annually, while the average Brit logs in a meagre 46 miles each year.

REASON 3: SEE THE WORLD

Whizzing around on two wheels is the perfect workout to take you away from home and out exploring new places. 'Cycling lets you see the world – whether you want to hit the MTB trails or head out for a ride on the road. You can travel to places that you didn't even realise existed and appreciate buildings and views that you have only ever bypassed in the car,' enthuses Wiesia Kuczaj, cyclist and Sigma Sport Team MuleBar Girl (**mulebar.com**).

REASON 4: ADD YEARS TO YOUR LIFE

Turn your commute into your workout and not only will you save money, you could also lengthen your lifespan. A 20-year study by Copenhagen's Bispebjerg University Hospital found that women who cycled every day at a vigorous pace lived on average 3.9 years longer than slow cyclists. So get pedalling hard, people!

REASON 5: IMPROVE JOINT HEALTH

The low-impact nature of cycling makes it an accessible sport for those who are at risk of joint injury and also enables them to increase the volume and intensity of their riding at a faster pace. 'Consequently, cycling may help you to reach your health and fitness goals more quickly than is possible in more technical and/or weight bearing sports, such as running,' explains performance coach James Hewitt (**jameshewitt.net**).

REASON 6: BOOST YOUR MOOD

A brisk bike ride (riding at 85 per cent of your maximum capacity) sends endorphins flying for hours after. Cycling has been found to triple the levels of the feel-good chemicals circulating in the bloodstream. 'Even if you're riding slowly, just three low-intensity bike rides per week can result in significant improvements in feelings of energy,' says James.

REASON 7: GET FAST RESULTS

If you don't have time to factor lengthy exercise sessions into your schedule, cycling is the perfect solution. 'If improving fitness is your goal, research suggests that just two weeks of 22-minute, high-intensity cycling workouts may be as effective at improving measures of cardiovascular fitness as 90-120-minute, moderate-intensity rides,' James says.

REASON 8: IMPROVE HEART HEALTH

Cycling is also good for your heart. A 2011 study published in the *British Medical Journal* found that cyclists who clocked up 20 miles a week were 50 per cent less likely to develop cardiovascular disease than non-cyclists. Sounds like a good reason to get pedalling!

REASON 9: CYCLING KIT IS COOL

The boom in biking has resulted in an influx of ultra-fashionable, yet functional, wardrobe options. 'Gone are the days of woollen jerseys and questionably short shorts. Cycling, its equipment and its attire have been near the head of sports innovation for a number of years; developing kit that not only works, but looks good, too,' says Wiesia.

REASON 10: MAKE NEW FRIENDS

Getting on your bike will help you get your social fix while working out. Cycling clubs are a great way to foster new friendships with like-minded people and improve fitness at the same time. 'Cycling for many is a great way to catch up with friends. Get online and find your nearest cycling club to join and meet fellow cyclists,' advises Wiesia.

3 WAYS TO GET THE MOST OUT OF YOUR RIDE

Try James's performance-boosting tips for a better cycle

1 SET A GOAL

You're more likely to stick to a cycling programme if it's part of a plan to achieve a measurable goal. This could be as simple as getting fit enough to do two spin classes a week, tackle a 20-mile ride or complete a 100-mile sportive event!

2 SIZE YOUR BIKE AND SET YOUR POSITION

Many new riders find cycling difficult and uncomfortable because their bikes are too big, too small or simply not set up properly. Start by selecting the appropriate-sized bike with the help of a trusted cycle shop, then ask them to help to set your saddle height. If you can easily touch both feet on the floor while sitting on the saddle, it's probably too low!

3 GET KITTED OUT

You don't need to look like a Tour de France professional to enjoy cycling, but taking a leaf out of their book when it comes to selecting equipment could help you a lot! Invest in some quality, female-specific, padded cycling shorts. Shorts come in a variety of styles that can be worn on their own or under other items of clothing. They will significantly improve your comfort and your enjoyment of the sport.

YOUR ULTIMATE RIDE

Whatever your cycle style, we have the only kit list you need

Love speeding along winding roads, slip-sliding through muddy trails or pottering around town on two wheels? We've got the bikes, the kit and all the accessories you need for your ultimate ride.

From slick Lycra to natty reflectives, cycling wear has really gone up a gear (sorry!) in the style and technology stakes of late. So we've picked out our fave pieces and matched them with your dream bike to kit you out to perfection.

COMMUTER

1 Tern Eclipse P18 Folding Bike

Fast and light, this stylish folding bike also comes with Schwalbe 507mm road slicks, making it more than suitable for urban journeys.

❐ **£980, evanscycles.com**

2 Short Bike Tights Flash X

Scoring high in the fashion stakes, swap your jeans or work trousers for these Odlo cycle shorts (or slip under a skirt!) to commute in comfort.

If you've got a longer commute, you'll love the high-protection padding!

❐ **£75, odlo.com**

3 Day Glow Doris Swing Jacket – Hi Vis Pink

Super-cute but practical, too, pop this handy swing jacket over your work clothes to make sure you're seen on the road. Hi-vis has never been so high-fashion!

❐ **£48.99, cyclechic.co.uk**

4 Bern Women's Brighton Helmet

This funky little helmet looks swish and stylish and comes with a handy removable visor for better vision, rain or shine!

❐ **£45, wiggle.co.uk**

5 Bookman Curve Front Bike Light

The seamless curve on this high-powered front light means you'll get a wide beam. It's also USB rechargeable and has four different settings.

❐ **£30, cyclechic.co.uk**

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'From slick Lycra to natty reflectives, cycling wear has really gone up a gear of late'

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ROAD

1 Boardman Road Sport FI 2014

Featuring a lightweight alloy frame, Shimano speed gearing and design characteristics from top-level bikes, this is an ace road bike.
❒ £499.99, halfords.com

2 DHB Women's Classic Bib Short

Dress like a pro with these awesome bib shorts. Available in blue or pink, they also feature a high-performance endurance chamois – which we can all agree is pretty essential on those longer rides!
❒ £49.99, wiggle.co.uk

3 HardnutZ Road Helmet

Super light, but with all the high-end protective elements you'd expect from a top-notch helmet, this is a great addition to your road-riding wardrobe. We love the stand-out speckled blue, too!
❒ £50, velovixen.com

4 Liv Signature Short Sleeve jersey

You'll be hard pushed to find a better-looking jersey than this. We love the moisture-wicking fabric and the handy pockets, too.
❒ £89.99, giant-bicycles.com

5 Mio Cyclo 505 GPS Cycle Computer with UK Maps

This nifty bike computer comes with built-in WiFi so you don't have to connect manually to your PC. Plus it allows you to navigate easily from wherever you are using your own routes, or by inputting your desired distance and time; there's even a 'surprise' feature for something totally new!
❒ £285, wiggle.co.uk

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FIXIE

1 The Curve Single Speed

Awarded 'best value urban bike', this is one of the best single-speed bikes on the market. Offering a super-smooth ride, it oozes simplicity, quality and style.
❒ £319.99, mangobikes.co.uk

2 No Such Thing Reflective Leggings

The subtle reflective stripe on these chic leggings – which you can only really see when the light hits it – gives you plenty of visibility without the need for garish brights.
❒ £79.99, cyclechic.co.uk/shop

3 Morvelo Satipo Thermal Jersey

We love the detail on this luxurious cover-up, it's the perfect way to add some style to your lycra! Plus it's super cosy, so ideal for chillier rides.
❒ £85, velovixen.com

4 Lazer Urban Deluxe Bike Helmet – Wood

If you're after a stylish ride, look no further. We love this unusual wooden helmet!
❒ £49.99, cyclechic.co.uk

5 Bookman Bike Cup Holder

A secure cup holder that attaches easily to the handlebars! Perfect for coffee-loving hipsters!
❒ £21.99, cyclechic.co.uk

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MOUNTAIN

1 Cube ACCESS WLS DISC 27.5/29

This is one of the most affordable mountain bikes out there and it's a great buy! Key features include a 6061 aluminium frame and 'dynamic and agile' handling – winning!

❒ **£399, cube.eu**

2 Women's Lightweight Bomber Jacket

A flattering fit with some great features – a hidden rain tail, water-resistant material and reflective detailing – make this an awesome option whatever your cycle style. However, it's the long sleeves and breathable sweat-wicking fabric that make it ideal for tackling trails.

❒ **£150, rapha.cc**

3 Poc Trabec Helmet

A top-notch helmet providing the highest level of protection for those daring enough to tackle the trickiest trails – but equally ideal for those prone to a fall on less demanding routes!

❒ **£130, wiggle.co.uk**

4 Proviz Flare

A multi-purpose electroluminescent lighting device that's perfect for night-time rides or poor visibility. Not only is the bright light eye-catching, but the sway of the device as you move will attract attention if and when you need it.

❒ **£12.50, provizsports.com**

5 Royal Women's Concept Short

The most stylish MTB shorts we've seen by a country mile! And with four-way stretch fabric, a wicking liner, waterproof audio pocket and two zipped pockets, they've got all the right features, too.

❒ **£45.49, chainreactioncycles.com**

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APPS YOU'LL LOVE

VELO-TRAINER

Designed to increase a cyclist's motivation, fitness and productivity during indoor training. Users can connect with their friends and other users to train together while monitoring heart rate, calorie burn and technique improvement.

❒ **£3.99 per month or £29.99 per year, iTunes**

CYCLEMETER

One of the most advanced cycling apps ever designed for mobile devices, Cyclemeter makes your iPhone a powerful fitness computer with maps, graphs, splits, intervals, zones, training plans and much more.

❒ **Free or £3.99 for Elite, iTunes**

CYCLESTREETS

A cycle journey planner and map for cyclists, created by cyclists. Downloading now!

❒ **Free, iTunes and Google Play**

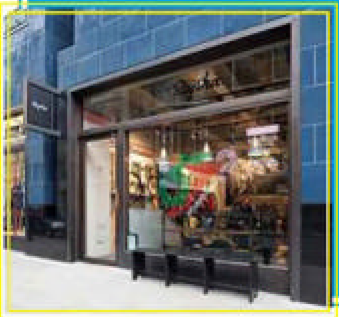
CITY PIT STOP

Great coffee and cycling go hand in hand, so why not stop off and refuel at one of these hot spots?

RAPHA, LONDON AND MANCHESTER

Live cycling race shows, plus food and coffee in the Club Café.

❒ **pages.rapha.cc/clubs**



RONDE BICYCLE OUTFITTERS, EDINBURGH

A bike café that celebrates a unified love of cycling through its décor (contemporary furniture, photography and art) and services (workshop, race training and shop).

❒ **rondebike.com**

ZAPPI'S BIKE CAFÉ, OXFORD

Located above the Bike Zone Cycle Shop, Zappi's is run by two locals and is a favourite with Oxford residents for its relaxed but vibrant vibe. Also runs a cycle club three times a week.

❒ **zappisbikecafe.co.uk**

LOOK MUM NO HANDS, OLD STREET AND MARE STREET, LONDON

Stop off for coffee, food or a drink at the bar. Plus there's a bike workshop at the Old Street café.

❒ **lookmumnohands.com**

Look mum no hands!

ONEPLANET ADVENTURE, COED LLANDEGLA FOREST, NORTH WALES

Oneplanet's award-winning café has, among other accolades, been named as one of 50 best places to eat in the UK. The centre is also perfect for mountain bike lovers, with a 44K mountain biking course.

❒ **oneplanetadventure.com**

WORDS: ELLIE MOSS, LISA NGUYEN LOOK MUM NO HANDS PICTURE: THOMAS WOOTTON

ROLL ON, GOAL GETTER
vita

Ratty old trainers or high-tech kicks,
Pedals don't care. It's a judgment-free zone.
To the gym, to yoga, the park, or to the limit.
No wrong turns here. It's just you, your heart rate,
And one more mile. Or minute.
Is it for fitness or fun? The burn in your legs?
It doesn't matter why—it just matters that you do.

YOUR RIDE. YOUR RULES.

When it comes to supporting the myriad reasons and ways women ride, we' re happy to take on the title of Enabler and just let you, well, be you. From your first "get fit" bike to that daily workout partner, plus the equipment that goes with it-all specifically designed for women-you' re free to hit the bike path, the park, and everything else in between. Specialized Women. Supporting your ride since 2003.

SPECIALIZED.COM/WOMEN

FUEL UP AND feel great!

Boost your performance and get more from every ride with the right energy drinks and snacks, says nutritionist **Christine Bailey**

Whether you're a fan of leisurely cycles, endurance rides or time trials, keeping your energy up so you can perform at your best is vital.

The right fuel can make all the difference when it comes to reducing fatigue, as it can give your muscles the energy they need.

The length and intensity of your ride will influence your energy requirements, but for most rides you are likely to need at least one snack or a drink. Not sure what to take? Don't worry we're here to help!

FUELLING YOUR RIDES

Carbohydrate is the best fuel for your muscles. Glucose from carbohydrates is stored in limited amounts in your muscles and liver as glycogen, and it is glycogen that influences the length and intensity of your ride. During exercise your muscle glycogen levels begin to fall, so eating a snack or drink rich in carbs will help maintain proper levels of blood glucose and delay fatigue. When your carbohydrate reserves are running low, your muscles are forced to rely more and more on fat as fuel, which can lead to a drop in performance. So if your ride lasts longer than two hours, packing the right snack will help keep you pedalling.

The production of energy from carbs is also affected by the *type* of carbohydrate you're consuming. Foods with a higher-glycemic index (GI), such as fruit, dried fruit, honey, energy gels and drinks, are broken down more rapidly into fuel and make good options during a ride. Slower-releasing carbs, on the other hand, such as oats and wholegrain rice, are ideal as part of a meal eaten two to three hours before a ride.

DRINKS AND GELS

Many cyclists find energy drinks or gels convenient when performance and speed is important. Energy drinks contain quick-to-digest soluble carbs, like fructose and dextrose, mixed with water and electrolytes to provide easy to digest fuel.

Energy gels are often described as a hybrid between a sports drink and energy bar, containing a concentrated amount of carbs in a thick, syrup-like

'If your ride lasts longer than two hours, packing the right snacks will help keep you pedalling'

consistency. Thanks to their quick absorption into the bloodstream, gels are very popular. They're not 'heavy on the stomach' and, if used correctly, do not cause digestive upsets.

However, one of the concerns about overloading on sports drinks and gels is that the combination of sugar and acid could contribute to poor dental health. One US study has indicated that sports drinks might be more damaging than cola. Another review suggested potential damage may be worse with poor saliva formation, which may be aggravated by dehydration among cyclists. So if you are concerned about dental health, energy bars may be a better option, as there is less residue on your teeth.

SMART REFUELLING

The general guideline with sports drinks is to take in 40g-80g carbs per litre of water. This is the equivalent of one to two gels for each hour of exercise. But drinking water is still important as it helps replenish fluids lost through sweat and ensures optimal carb absorption.

A few brands can be taken without water, but you will still need to take in sufficient fluids during your ride. If you suffer with digestive upsets, try a gel that contains glucose or glucose polymers such as maltodextrin, as these impact less on stomach emptying. It is also worth checking that they contain electrolytes (e.g. potassium, sodium, magnesium), as these are lost through sweat.

ON-THE-GO BARS AND SNACKS

If you are planning a longer ride, then energy bars and snacks are ideal. You will, of course, need to hydrate your body, too. Coconut water is a popular choice as it's rich in electrolytes. The flavoured versions also contain six per cent carb solution, so they provide energy, too.

For all-day rides you are likely to need a combination of snacks and energy drinks to keep you properly fuelled. It is also important to include some slower-releasing carbs in your pre-cycle meal. Try porridge, muesli or wholegrain toast with eggs two to three hours before your ride. Remember to refuel after the cycle, too.

There are so many energy bars available, so which is best? Rather than simply looking at calories or carb content, select those with healthier ingredients. Many contain added protein, nuts, seeds, dried fruit, oats and superfoods. This means you receive a steady flow of energy and calories, plus nutrients! Performance cyclists should go for bars with a higher percentage of calories from carbs than protein or fat.

As a rough guide, look for around 10g protein for every 20-25g carbs. It is definitely worth experimenting with a range of snacks to figure out which options work best for you. If you're not keen on energy bars you could try trail mixes, bags of dried fruit, any combination of nuts and seeds, granola or a fruit loaf for easy on-the-go snacking.

WF'S ENERGY PICKS

GELS

High 5 IsoGels

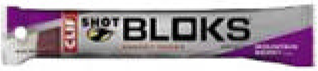
Light in consistency, these gels are designed to be taken without water – great for competitive races.

❐ **99p per gel (£24.75 for 25), highfive.co.uk**

Clif Shot Bloks

Easy on the stomach, these contain a 50/50 mix of simple and complex carbohydrates to provide a quick lift followed by sustained energy to keep you going faster for longer.

❐ **£1.66 per chew (£29.99 for 18), wiggle.co.uk**



DRINKS

VITA COCO
natural coconut water with pineapple

Vita Coco Natural Coconut Water with Pineapple

Contains a 6% sugar solution, making it perfect for family and leisurely rides. Pineapple contains bromelain, too, which can help reduce muscle soreness and inflammation.

❐ **£3.49 for 1 Litre, waitrose.com**

SiS GO Energy 50g Carb Boosting Sachets

Ideal for adding to water during a longer ride.

❐ **£1.19 per sachet (£21.59 for 18), scienceinsport.com**

Biosynergy Super Fuel - Intra Workout Powder

SUPERFUEL
900g

A high-carb powder for adding to water with additional B vitamins to support energy.

❐ **£29.99 for 30 servings, bio-synergy.co.uk**

SNACKS

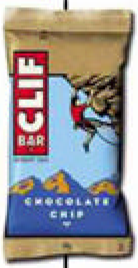
Trek Protein bars

TREK
COCOA CHAOS

Made with natural ingredients in a range of flavours, these bars contain around 10g of protein each. The combination of protein and carbs make them useful for longer rides.

❐ **99p per bar (£15.95 for 16), naturalbalancefoods.co.uk**

Clif Bar



Great-tasting natural bar with rolled oats, fruits and nuts. Contains 40g carbohydrate and 10g protein for high performance.

❐ **£1.16 per bar (£13.99 for 12), wiggle.co.uk**

PowerBar Energize Bar

High-carb bar with electrolytes for fast, performance rides.

❐ **94p per bar (£23.58 for 25), wiggle.co.uk**

PowerBar
ENERGIZE

Ugg Foods Fruit & Seed Loaf

Naturally gluten and dairy free, this tasty loaf contains slow-release carbs and proteins. Perfect for more sustained energy on longer rides.

❐ **£6.95, uggfoods.com**

Ugg Foods Chocolate Chia Muffins

A popular choice with children, these are ideal for more sustained energy on family rides.

❐ **£6.95, uggfoods.com**

Tesco Sun Grown Trail Mix

Dried fruit and nuts are a great natural choice for snacking while you're out and about.

❐ **£1.29, tesco.com**

THE UK'S BEST CYCLE ROUTES

Ready to explore the country on two wheels? Find the perfect route for you with our essential guide

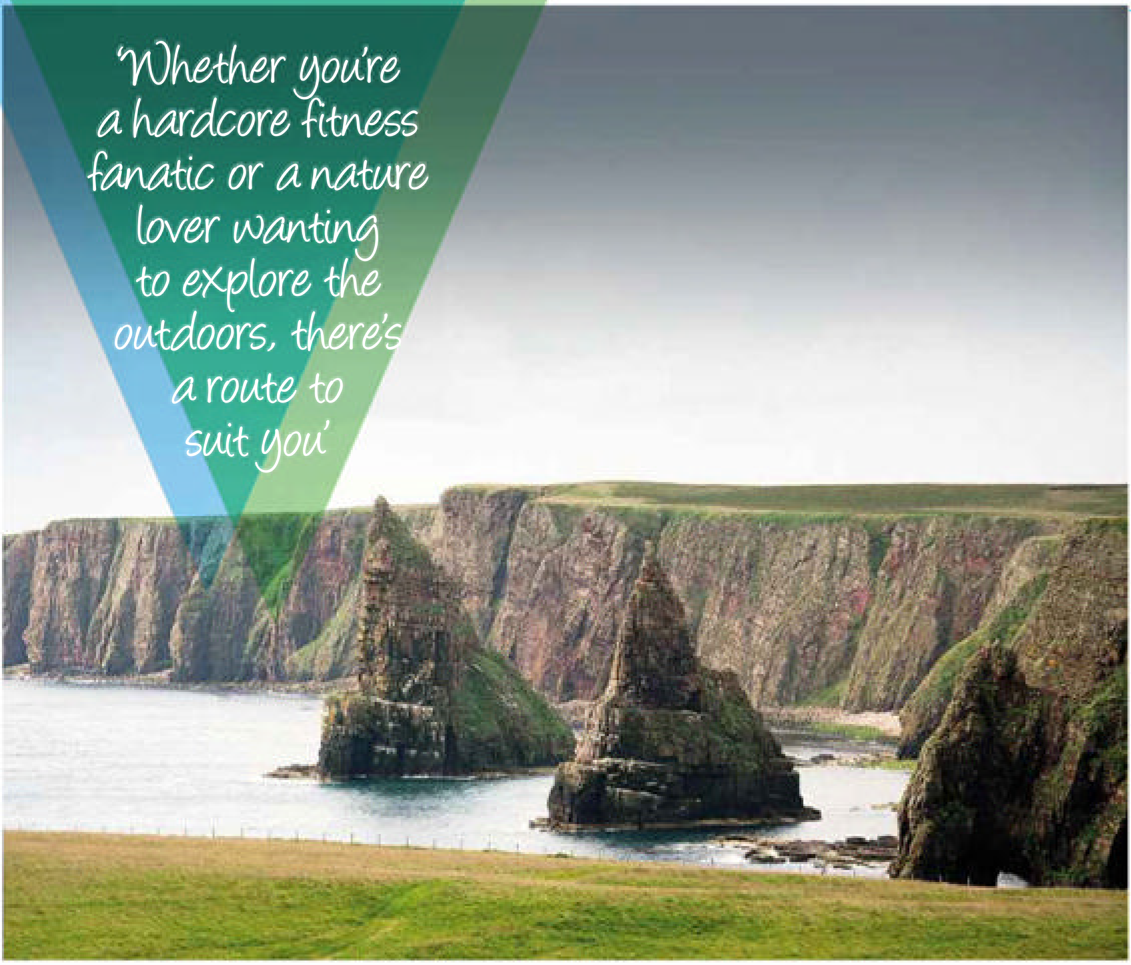
We love cycling for so many reasons: it boosts fitness, it clears the mind and it can be very sociable, too. But the thing we love the most is how accessible it is, no matter your interests, fitness level or background.

Whether you're a super-hardcore fitness fanatic, a nature lover wanting to explore the outdoors or a thrill-seeker always up for an adventure, there's a route to suit you. All you need is you, your bike and maybe an energy bar or two! So if you're inspired to head out there, but aren't sure where to go, here's our pick of the six best cycle routes the UK has to offer. Go on, saddle up!

Best for: an athletic challenge

If you laugh in the face of a casual weekend ride and the thought of a steep climb excites you, then you're in luck (if a little mad). The UK's **SOUTH DOWNS** is famous for its cycling routes and is, unsurprisingly, pretty hilly. The 160K-long South Downs Way is the only National Trail fully accessible to riders in the countryside, so it's a relatively peaceful route. Be sure to check out Midhurst's Spread Eagle Hotel & Spa (hshotels.co.uk). It's a popular stop for cyclists as it offers a South Downs Cycle Experience, which involves a little TLC for both you and your bike.

> 'Whether you're a hardcore fitness fanatic or a nature lover wanting to explore the outdoors, there's a route to suit you'



Best for: a distance challenge

If you're into serious long-distance cycle trips, then chances are you've heard of the route from Land's End to **JOHN O'GROATS**. Cycling from the very bottom to the very top of the UK is no small feat – in fact the shortest route by bike is still over 800 miles – so planning your trip day by day (as well as training) is essential. It's one of the toughest cycle routes you can take on, so this is no walk (or cycle!) in the park. In need of a bit more motivation? Why not get sponsored and raise money for your favourite charity, too?

Best for: an urban adventure

Can't leave the city behind? There are loads of cities in the UK that are big on bikes, **OXFORD** being one of the most famous and bike friendly for starters. Known as a 'cycle city', you'll see bikes lining the pavements (many unlocked!) and keen cyclists whizzing by on the roads. It's not too hilly and is perfect for a leisurely weekend ride. Whether you choose to cruise by the canal or pedal along the Thames Path, you'll be able to take in many of Oxford's historical buildings along the way.

Best for: a scenic saunter

As if you needed an excuse to visit the gorgeous **COTSWOLDS!** The village vibe of the area is perfect for those after a casual, quiet ride. You can make your way around on your own quite easily, but if you'd rather be part of a group, why not get involved with the BHF Cotswolds Bike Ride on 17 May? Choose from the 30 or 50-mile ride and raise vital funds for a great cause. Visit bhf.org.uk to find out more.

Best for: a Highland escape

Feeling brave? The **TORRIDON HILLS** in the Northwest Highlands of Scotland plays host to one of the most gruelling mountain biking routes around. It's an amazing opportunity to explore and a real adventure. Not only will it get your adrenaline sky-high, but the downhill trails will also give you some of the best views the Highlands have to offer.

Best for: a coastal jolly

Being by the water is like a drug for some, with the sound of the waves and fresh air providing a real high! Sound familiar? The Sustrans **CARDIFF BAY** Trail is for you. It runs all along the Welsh capital's waterfront, through almost traffic-free roads, which is bliss. Plus this eight-mile stretch is relatively easy, making it a top choice for families. Get bored easily? Just swing by one of the cafés or restaurants, or settle down for a picnic with an amazing view.

DON'T LEAVE THE HOUSE WITHOUT…

Be prepared for anything with these must-have cycle gadgets

1 WAHOO FITNESS APP

Want to avoid fussy gadgets, but get all the stats? Get all the performance info you need with this app.

❒ **Free, uk.wahoofitness.com**

2 GARMIN VÍVOACTIVE

Garmin's super-sleek GPS-enabled watch will track all your cycling stats, as well as display your incoming calls, emails and texts.

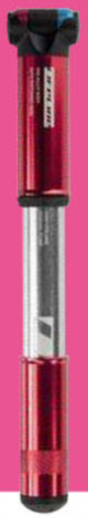
❒ **£199.99, garmin.com**

GARMIN
SEVEN
THIRTY
FIVE
PM

3 LIFELINE PERFORMANCE CNC MINI PUMP

This tiny emergency pump could be a lifesaver and gives fast tyre inflation inspite of its size.

❒ **£11.99, wiggle.co.uk**



4 TOPEAK HEXUS 16 FUNCTION BIKE TOOL

You never know what will happen out on the road. Be ready for anything with this brilliant multi-tool.

❒ **£19.99, halfords.com**

5 LEZYNE METAL PATCH KIT

Patch up minor punctures in a flash with this emergency repair kit, complete with levers to ease the process.

❒ **£4.99, wiggle.co.uk**

WORDS: LOUISE PYNE PICTURES: SHUTTERSTOCK

REMEMBER TO
EXPLORE

Hadrian's Wall Trek
8 August 2015

Follow in the footsteps of Roman Centurions this summer and hike along Hadrian's Wall. Challenge yourself to walk the distance of a marathon in just 12 hours on this incredible trek. Hike for us and help fight dementia.

Register today at alzheimers.org.uk/treks

Leading the fight against dementia
Alzheimer's Society

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

DISCOVER Adventure

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actionforcharity

women V cancer

Cycle Vietnam to Cambodia

6–17 February 2017

Join the next Women V Cancer cycle challenge from Ho Chi Minh City to Angkor Wat and raise funds to fight breast, cervical and ovarian cancers

women V cancer

Ekabhishek

For information and to register online:

www.actionforcharity.co.uk

events@actionforcharity.co.uk • 01590 677854

Raising funds for these charities:

breast cancer care

Jo's cervical cancer trust

ovarian cancer action

Registered Charity Nos: Breast Cancer Care: 1017658/SC038104, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/ SC043478. Women V Cancer is established under the Charities Aid Foundation Charity No. 268369. To take part you need to pay a registration fee of £299 and raise minimum sponsorship funds of £3,200.

action for charity lifechangingevents

dreamchallenges

BOOST YOUR RIDE

Want to take your cycling up a notch? Hit the gym with this strength-building head-to-toe workout

Keeping your body in prime pedalling condition isn't just about cycling as often as possible – it also requires a little extra legwork in the gym.

'Improving your cycling craft takes much more than simply getting on your bike and riding,' says Marsha el-Hage, Head Coach at RG Active, Vitality World Triathlon London's official training day delivery partner. 'While practice does help us achieve perfection, getting yourself in the gym is also paramount to building specific muscle groups that ultimately help with cycling,' she adds.

So we asked Marsha to put together the following head-to-toe workout. It'll prepare your bod for all that cycling (and help prevent injury) and give you a stronger bod off the bike, too. Ready? We thought so!

HOW TO DO IT

Perform one set of each move in a circuit-style format. Rest after the first circuit, then repeat the circuit until you have completed all sets for your level.

SQUAT

Areas trained: **BOTTOM, THIGHS**

Technique

- Stand with your feet hip-width apart and facing forward.
- Bend at your hips and knees to lower your bottom down and out behind you until your thighs are parallel to the floor.
- Push up through your heels to extend back up to the start to repeat.

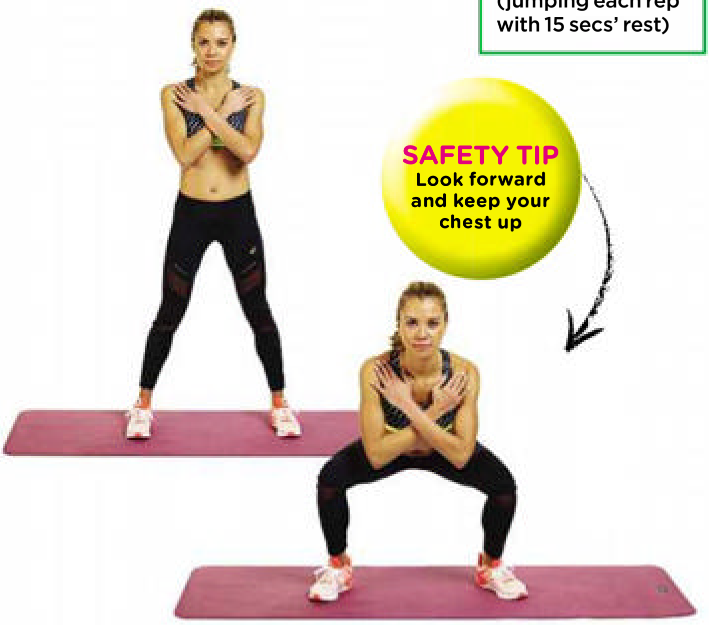
WHY: Builds leg strength for climbing and sprinting on the bike.

BEGINNER:
20 reps

INTERMEDIATE:
2 x 20 reps (30 secs' rest)

ADVANCED:
3 x 20 reps (jumping each rep with 15 secs' rest)

SAFETY TIP
Look forward and keep your chest up



LUNGE WITH BICEP CURL

Areas trained: **THIGHS, BOTTOM, BICEPS**

Technique

- Start with your feet together holding a dumbbell in each hand by your sides.
- Take a large step forward with your right leg and bend both knees to around 90 degrees.
- While in the lunge position, curl both dumbbells up to your shoulders.
- Return to the standing position and repeat on the left leg for the following rep, alternating sides with each rep.

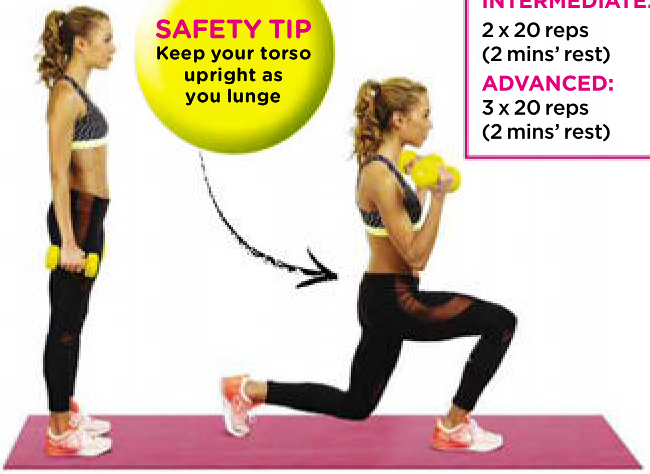
WHY: Helps to make the leg muscles powerful for acceleration and for explosive strength when climbing. Performing lunges with a bicep curl will challenge your core and help to develop better conditioning and strength in the upper body.

BEGINNER:
1 x 20 reps (using a light weight)

INTERMEDIATE:
2 x 20 reps (2 mins' rest)

ADVANCED:
3 x 20 reps (2 mins' rest)

SAFETY TIP
Keep your torso upright as you lunge



SINGLE-LEG REACH

Areas trained: **HIPS, CORE**

Technique

- Imagine you're standing with a large triangle in front of you, flat edge closest to you and top corner furthest away.
- Stand on one leg, then bend your knee slowly to reach out and touch a corner of the triangle.
- Return to the start and repeat with a different corner for the following rep, and repeat again for the remaining corner.
- Perform the reps on both legs to complete one set.

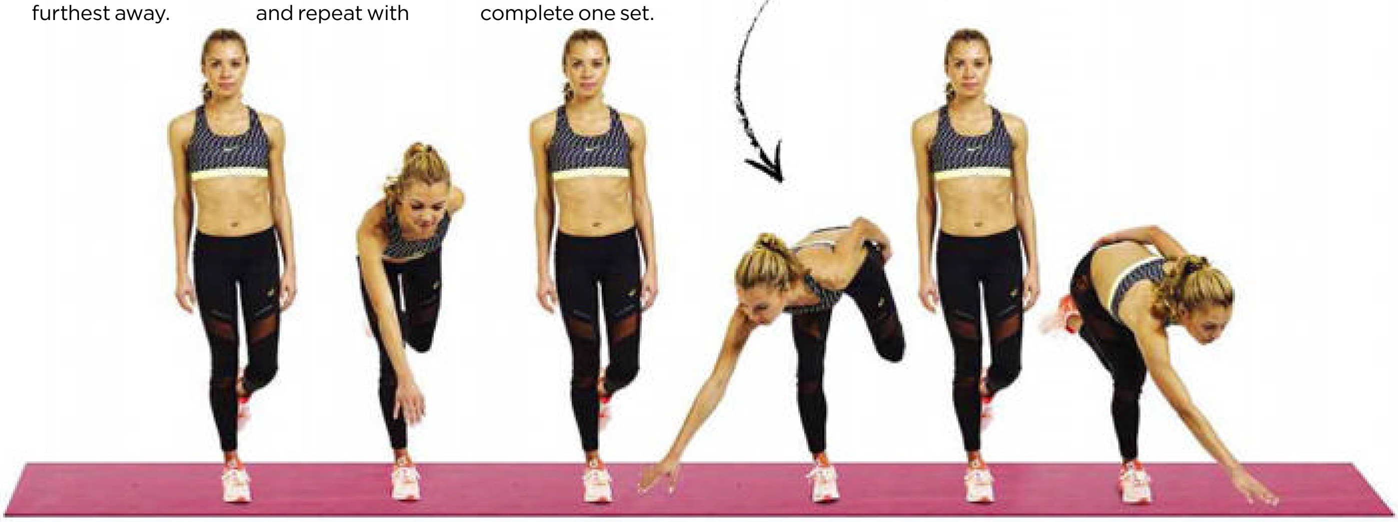
SAFETY TIP
Keep your core engaged and don't let your shoulders hunch

WHY: To improve your balance by strengthening your hips and core, which will help to improve your technique, endurance and overall better bike handling.

BEGINNER:
1 x 3 reps (1 min rest)

INTERMEDIATE:
1 x 3 reps (30 secs' rest)

ADVANCED:
1 x 3 reps (15 secs' rest)



WORDS: AMANDA KHOUV PICTURES: DANNY BIRD MODEL: NDIDI ONUORA, WATHLETIC.COM CLOTHING: NIKE BRA, £26, NIKESTORE.COM; ASICS LEGGINGS, £63, ASICS.CO.UK; REEBOK CARDIO INSPIRE LOW TRAINERS, £69, REEBOK.CO.UK KIT: BOX, REEBOKFITNESS.INFO; STABILITY BALL, PHYSICALCOMPANY.CO.UK; DUMBBELLS, GORILLASPORTS.CO.UK; MAT: AGOY.CO.UK

KIT YOU'LL NEED:
• 2 x dumbbells • Stability ball • Box/step

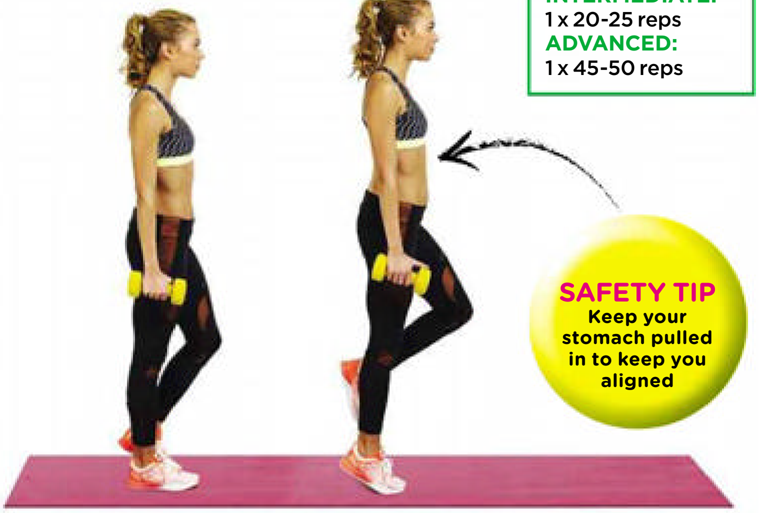
CALF RAISE

Area trained: **CALVES**

Technique

- Standing on one leg with a dumbbell in each hand, keep your other leg bent with your ankle, hips and knee all in good vertical alignment.
- Push down on the ball of your foot and raise yourself upwards slowly and with control.
- Come back down slowly and repeat.
- Perform the allotted reps on each leg to complete one set.

WHY: Strengthening your calves helps to balance out the other dominant muscles that work in conjunction with them – front thighs, rear thighs and bottom – while you are on the bike.
BEGINNER: 1 x 10-15 reps
INTERMEDIATE: 1 x 20-25 reps
ADVANCED: 1 x 45-50 reps



SAFETY TIP
Keep your stomach pulled in to keep you aligned

BOX JUMPS

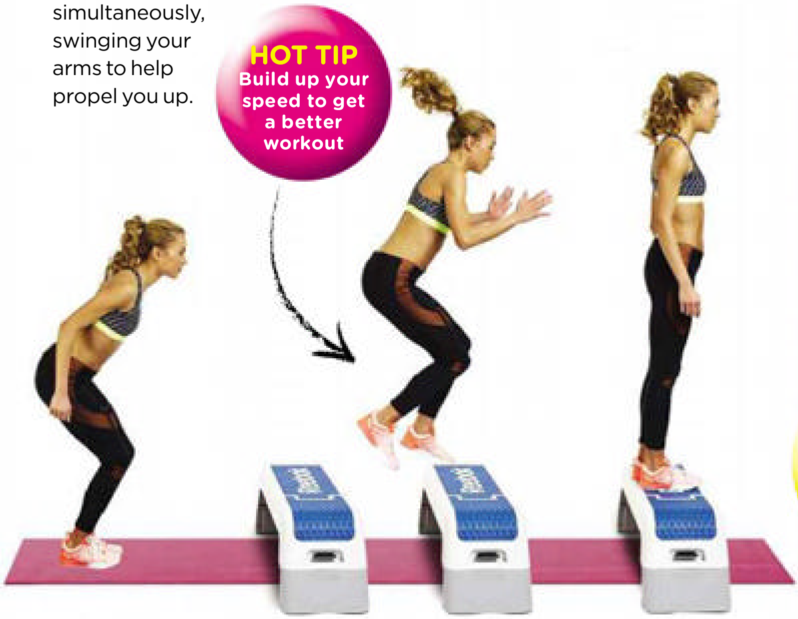
Areas trained: **BOTTOM, QUADS, CALVES**

Technique

- Stand with a box or step in front of you.
- Lower your body to create momentum, then jump onto the box with both feet simultaneously, swinging your arms to help propel you up.
- Land softly, engaging your core to help you balance.
- Jump back down, softly, and repeat.

WHY: Plyometrics (or jump training) can help increase stamina as well as lower-body strength. This will help your power and acceleration on the bike.
BEGINNER: 1 x 10 jumps
INTERMEDIATE: 1 x 20 jumps
ADVANCED: 1 x 30 jumps

HOT TIP
Build up your speed to get a better workout



FRONT PLANK

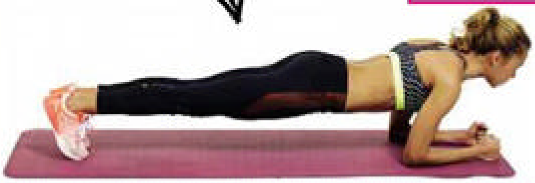
Areas trained: **CORE, BACK**

Technique

- Start on your hands and knees, then put your forearms on the ground and raise your lower body so you are balancing on your toes and your body is in a straight line.
- Hold.

SAFETY TIP
Don't let your hips drop lower than the rest of your body

WHY: Builds the strength and muscular endurance that will help you ride more powerfully.
BEGINNER: Hold for 3 x 20 secs (15 secs' rest)
INTERMEDIATE: Hold for 3 x 30 secs (15 secs' rest)
ADVANCED: Hold for 4 x 60 secs with arms on a Power Plate if possible (30 secs' rest)



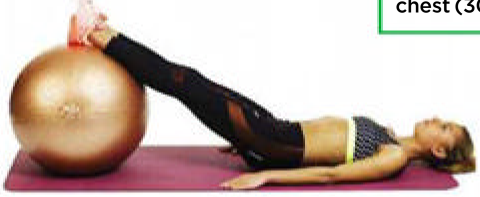
STABILITY BALL CURL

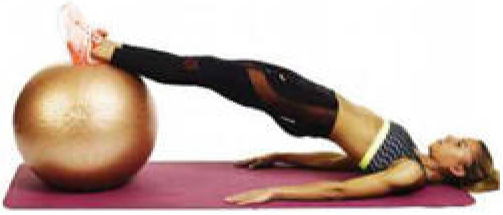
Areas trained: **HAMSTRINGS, LOWER BACK, CORE**

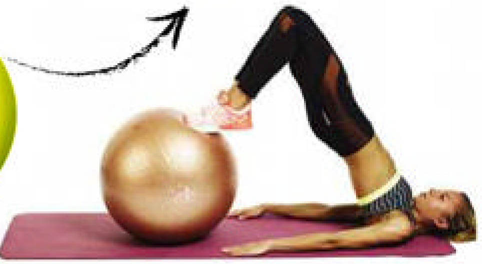
Technique

- Lie on your back with your legs straight and heels on a stability ball.
- Lift your hips up off the ground so that your body is straight.
- Squeeze your hamstrings and bend your knees, pulling the ball in toward your bottom.
- Slowly roll the ball away from your bottom and repeat.

WHY: Strong hamstrings help pedalling efficiency, plus they help improve the strength and balance of the pedalling upstroke.
BEGINNER: 3 x 10 reps (30 secs' rest)
INTERMEDIATE: 3 x 20 reps (30 secs' rest)
ADVANCED: 3 x 20 reps with a 5kg weight on your chest (30 secs' rest)







SAFETY TIP
Keep your arms flat on the floor for support

- **Top, £175, Lucas Hugh**
- **Leggings, £34.99, DHB**
- **Helmet, £133, Bell**

PEDAL POWER

Upgrade your cycle wardrobe with our super-slick bike-lovers' edit

Opposite page
- Sports bra, £35, Odlo
- Leggings, £135, We Are Handsome
- Jacket, £57, Lorna Jane
- Bag, £205, Brooks
- Shoes, £59.99, Ellesse

This page
- Crop top, £44.95, Casall
- Shorts, £75, Odlo
- Jacket, £65, Odlo
- Bike, £499.99, Boardman

Opposite page
- **Top, £39, Mistress Rocks**
- **Leggings, £145, Hey Jo**
- **Jersey, £50, DHB**
- **Helmet, £59.99, Lazer**

This page
- **Sports bra, £35, Odlo**
- **¾ Bib, £180, Rapha**
- **Trainers, £65, Nike**
- **Bike, as before**

STOCKISTS

Bell, **bellhelmets.com**
Boardman**, halfords.com**
Brooks, **b1866.com**
Casall, **casall.com**
DHB, **wiggle.co.uk**
Ellesse, **footasylum.com**
Hey Jo, **hey-jo.co**
Lazer, **lazersport.co.uk**
Lorna Jane, **houseoffraser.co.uk**
Lucas Hugh, **lucashugh.com**
Madison, **madison.cc**
Mistress Rocks, **mistressrocks.com**
Nike, **jdsports.co.uk**
Odlo, **odlo.com**
Rapha, **rapha.cc**
We Are Handsome,
wearehandsome.com

- **¾ Bib, £69.99, Madison**
- **Gilet, £65, Odlo**
- **Bike, as before**

PHOTOGRAPHY: SIMON TAYLOR STYLING: JOANNA KNIGHT, ELLIE MOSS
MAKE-UP: MICHELLE FOXLEY MODEL: OLGA, MANDPMODLES.COM

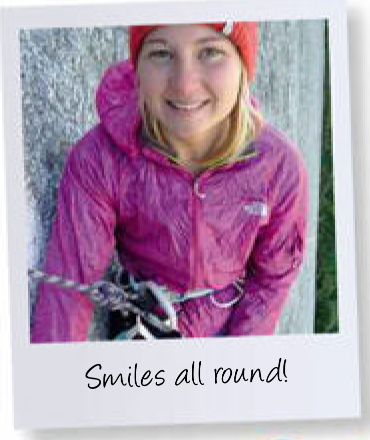
Features

80 Fitness heroine // 81 Is your weekend making you fat?

AIM HIGH

This month we're drawing our fitness inspo from climber Hazel Findlay. This ambitious fitness heroine loves a challenge and has climbed all over the world. Plus we investigate whether all those healthy intentions are being thwarted by weekend overindulgence – and give you top tips and expert advice to help you redress the 'fun vs healthy' balance.

PICTURE: SHUTTERSTOCK



Smiles all round!

Hazel shows us how it’s done as she takes in the awesome views

TWEET
@hazel_findlay

‘It’s massively rewarding when you don’t walk away and you give it a go’

Climbing legend **Hazel Findlay** talks to *WF* about conquering cliff faces and believing in yourself

From the sea cliffs of Wales to the Atlas Mountains of Morocco, Hazel Findlay’s passion for climbing has taken her all over the world. She tells us how self-belief can spur you on to do almost anything you can imagine – even paragliding!

How did you get into climbing?
I started out with my dad on the sea cliffs in Pembroke when I was seven. I was lucky to start so early because climbing has really made me who I am.

What is it that you love about the sport?
I love how it takes you to amazing corners of the world that you wouldn’t get to otherwise. I also love the feeling of moving over rock and the mental battles associated with climbing.

What’s the toughest thing about climbing?
The toughest thing about climbing is believing that you can do something. It always feels really easy to walk away from a rock climb if you think it’s going to be hard, but it’s massively rewarding when you don’t walk away and you give it a go, even if you fail.

You’ve climbed in lots of amazing places. Where’s your favourite place to climb?
I really love the Atlas Mountains in Morocco. The people are amazing and the scenery is something special – it’s very impressive and rugged, but also very peaceful.

GET INVOLVED
Check out bmg.org.uk and gbclimbingteam.co.uk for information and inspiration

Who or what inspires you?
All the climbers who love the sport and keep getting out every day despite injury, weather, work or life problems.

Have you always been active?
Yes, I’ve always been active and if I’m not climbing for whatever reason, I’ll be running or doing yoga or something. We are supposed to be active and I think a lot of the problems with the modern human are tied up in the fact that most of us live hugely underactive lives.

What other sports do you enjoy other than climbing?
Yoga, running and I’ve just taken up paragliding.

What’s the best way for our readers to get into climbing?
Take a course where you will learn all the relevant safety skills you need to know to get out and about on your own. Climbing walls are great, but lots of people get stuck in them and find it hard to venture out – so if you can, start outside.

What’s your biggest goal?
I don’t really have a biggest goal or dream, but since I’ve just recently started paragliding, one dream I have is to do some flying/climbing combined adventures. I think that would be really great. ■

Fast talk

Fave workout tune?
I don’t usually listen to music when I’m working out unless I’m running. For running I’ll listen to mixes or long tracks. In my phone right now is Apparat’s DJ-Kicks mix.

Climbing must-have?
Lunch!

Fave healthy snack?
I cook sweet potato or pumpkin and take it with me in a lunch box.

WORDS: ELLIE MOSS

'LIE-INS CAN ACTUALLY THROW OUR ROUTINE OUT OF THE WINDOW AND ALLOW BAD HABITS TO CREEP IN'

Is your weekend *making you fat?*

Super-healthy all week but can't shed the pounds? Those weekend blow-outs have a lot to answer for!

If you've stuck religiously to plate-loads of veggies and lean protein all week and hit the gym at 6am every day, it seems like madness to blow it all at the weekend with choccy treats and loads of booze, right? Right? Never mind the Saturday morning run and Sunday gym sesh you sacked off in favour of a hangover brunch... Yup, we hear ya.

Well, madness it may be, but we've all been there. And we're here to help you shape up, fast!

WEEKEND WOES

While many of us like to think blowing off some steam at the weekend comes under the 80/20 theory of being super-healthy 80 per cent of the time and eating what we want 20 per cent of the time, if you decide the weekend starts on Friday lunchtime and ends on Sunday night, that's a full two and a half days *off* the wagon – over 35 per cent of your week!

And let's face it – sometimes we really do go all out. A Unilever study that looked at the diets of 11,000 households in the UK found that our weekend faves, such as takeaways and milky coffees, take our sat fat well above the recommended daily limit. The survey found women eat around 33g each day of the weekend – when we should be sticking to 20g!

That said, we all like to have a bit of fun, so how can you strike a balance? We asked our experts what the most common healthy weekend nemesis were and how you can work around them.

Feel-good weekend treats

Need a healthy snack in a hurry? We've got you covered!

KALE CRISPS

These little beauties are super-tasty and super-healthy. Sold!
❐ Kale crisps, £2.45, Marks & Spencer

COYO YOGHURT

Ditch the dairy and treat yourself to a yummy coconut yoghurt instead. Yum!
❐ Coyo, £3.49, Ocado

BOOJA BOOJA

If you need a little choccy treat, go for the good stuff. Booja Booja is dark and rich and the two little truffles in the smallest packs are sure to satisfy that craving.
❐ Booja Booja, £1.69, boojabooja.com

COYO
Booja-Booja
SALT & PEPPER KALE CRISPS
NEW

HAVING A 'TREAT' MENTALITY

'People often think they can eat what they want at the weekend if they've been good in the week,' says Urban Wellness nutritionist Nicola Shubrook (urbanwellness.co.uk). 'While indulging a bit over the weekend is fine, it's important to still be mindful of what you are eating – and still try and get exercise in, even if it's a nice long walk. Overdo it every weekend and the pounds will start to creep up,' she adds.

However, Tim Ferriss, author of *The 4-Hour Body*, recommends embracing a cheat-day mentality – whether that's during the weekend or any other day. His theory is that it doesn't make any detrimental difference to your weight-loss goals, it boosts your metabolism and, psychologically, it's a great way to balance out all the healthy eating you've been doing all week. That said, he recommends a cheat 'day', not a cheat 'weekend'!

BRUNCH TIME

Are you guilty of a post-brunch lunch? Yep, us too. 'Brunch can be a great idea as we tend to get up later at the weekend – as long as you don't have lunch, too,' says Nicola. 'A good brunch should see you through the day until it's time for dinner.' So, post-brunch ask yourself, are you *really* still hungry? The answer's probably not!

SLEEPING IN

While we all love a few extra hours' kip at the weekend, lie-ins can throw our routine out of the window and allow bad habits to creep in. Breakfast becomes brunch (see above), we inevitably miss our morning workout and, as we rush around to get ready for the afternoon or evening's activities, we're more likely to grab unhealthy snacks to keep us going (bacon sarnie, packet of crisps) than prepare a healthy lunch or dinner from scratch.

The solution? If possible, try to get up a little bit earlier and get that brekkie in. Otherwise, buy in, or make in advance, some speedy healthy lunch and brekkie options that you can whip up in a few minutes or eat on the go. Omelettes, ready-prepared salads, a reheatable casserole or stir-fries are great options. And keep healthy snacks to hand.

THE TRIPLE WHAMMY

Do your meals tend to triple in size come the weekend? Oh, what's that? You're allowed dessert with every meal because it's the weekend? Hmmm, maybe it's time for a rethink. Sticking an extra 500-800 calories on every single meal is a recipe for disaster, never mind the calorie-laden drinks you're more likely to consume at the weekend – smoothies, milkshakes, orange juice and wine with lunch or dinner! Try treating yourself to dessert just on Saturday and steering clear Friday and Sunday.

TOO MANY TIPPLES

A few too many drinks will really pile on the pounds. According to the NHS, the average wine drinker in England takes in around 2,000 calories from alcohol every month. Hefty, huh?

And it doesn't take much. A large glass of wine (250ml) with 13% ABV (Alcohol By Volume) packs in around 228 calories, according to Drink Aware (drinkaware.co.uk).

Aside from this, the hangover the next morning can also lead to bad food choices. So what's the answer, apart from abstaining completely? 'Never drink on an empty stomach, as this can increase inflammation and long-term damage; limit fizzy drinks, as the bubbles speed up alcohol absorption; avoid darker drinks such as whisky or brandy, as these contain certain compounds that may make your hangover worse; and drink lots of water, especially before you go to bed. Your body will thank you for it in the morning,' advises Nicola.

And don't let it ruin your weekend workouts. 'As soon as you get home from your night out, make sure you have a litre of water,' recommends PT Emma Bord (emmabordpt.com). 'This will help to keep your hangover on the milder side if you have been drinking.'

> 'ACCORDING TO THE NHS, THE AVERAGE WINE DRINKER IN ENGLAND TAKES IN AROUND 2,000 CALORIES FROM ALCOHOL EVERY MONTH'

SKIPPING MEALS

For some of us, too *few* meals can be the problem. If you head out early for a gym class or rush around doing chores, time can fly by. Then it's 11am, you're starving and you grab a quick snack. Next you pop out to meet friends for coffee or hit the shops and soon enough you're starving again, so you plump for a choccy bar or pack of crisps to keep you going. So how can we avoid this? Commit to a hearty, filling breakfast. 'Eggs are a hangover friend,' says Nicola. 'They are full of amino acids such as taurine, which boosts liver function, and cysteine, which breaks down acetaldehyde (the headache-causing chemical that's left over after you have broken down the alcohol). Any way they come, but preferably not fried!' she adds.

SACKING OFF THE GYM

Too tired for the gym? Too many social occasions to squeeze in

a run? Too hungover to actually move a muscle? We've all been there. But missing your weekend workouts cuts two whole days out of your routine. Plus, exercise could actually help a hangover! 'While exercise may feel like the last thing you want to do when you wake up with the mother of all hangovers, it is proven to have major benefits, most importantly stimulating the release of endorphins, which in turn will help perk you up both physically and mentally!' says Emma.

'Head out into the fresh air for a brisk walk, clearing both your mind and body,' she advises. 'Once moving you will start to feel a little more alive and, on your return, try a short, but effective circuit, combining squats, lunges, press-ups and crunches to give the whole body some attention without killing yourself! And remember, keeping hydrated on a hangover is key, so make sure that water bottle is close by!'

SKIPPING THE GOOD STUFF

We're willing to bet your fruit and veggie intake seriously slides at the weekend. 'You're much more likely to grab carbs of the non-vegetable variety,' says Nicola. 'So even if you grab a banana before you head out the door or the morning after (bananas contain potassium, which is depleted when drinking alcohol), it's better than nothing.'

And cooking may suddenly seem like a real chore. 'It's often easier to order a takeaway or buy a ready made pizza when tired than cook your own healthier meal,' Nicola adds. 'So stock your fridge with healthy goodies before you go out and you're less likely to cheat or reach for the nearest takeaway menu.'

YOU'RE 'TOO BUSY' TO BE HEALTHY

If you've got a lot on at the weekend, being prepared is essential. 'The key is to plan ahead and work effectively,' says Emma. 'If you know you're going to be super-busy, block out a definite 20-minute slot [to work out] at some achievable point in the weekend, even if it means having to cut your getting-ready-to-go-out time, or simply getting up just a little earlier,' suggests Emma.

And Sapan Sehgal, co-founder of London Fields Fitness (londonfieldsfitness.com), agrees. 'Make a schedule, stick to it and remind yourself that working out is a priority worth keeping – and once done you can enjoy your weekend guilt free.'

And you could even save time by working that sweat up at home. 'Home workouts are the best option in a stuck-for-time situation,' says Emma. 'Go for a high-intensity, full-body interval workout that will get your whole body moving and working to its maximum ability in a short space of time – for example, try the pyramid video on my blog at emmabordpt.com.' ■

WORDS: ELLIE MOSS PICTURES: SHUTTERSTOCK

Healthy hang-outs

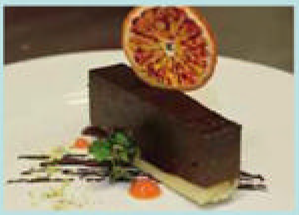
Having a virtuous weekend but still want to socialise? These healthy eateries fit the bill perfectly

Pod

We love Pod's good-for-you brekkies and nutritious, seasonal lunches – perfect for a healthy weekend treat on a budget.
❐ **podfood.co.uk**

Pure Taste

The new kid on the block, this Paleo restaurant shuns grains, wheat, and pasta, and serves up some awesome meat, seafood and veggie-based dishes. Not to mention the amazing-looking desserts!
❐ **puretaste restaurant.com**



Pho

This Vietnamese street-food chain has restaurants in London, Leeds and Brighton, and serves up ace healthy options – the Shredded Chicken Salad is our fave!
❐ **phocafe.co.uk**

FIND YOUR

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KELLY RENNIE

Author of Fit Mummy Manual, World's #1 Fitness Trainer for Mums

LORRAINE PASCALE

Celebrity chef, model and host of Lorraine Pascale's Healthy Eating Kitchen at BodyPower

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Enter now and take control of your symptoms - visit **cleanmarinekrill.co.uk**

All entrants will receive a free copy of our 16-page PMS guide!

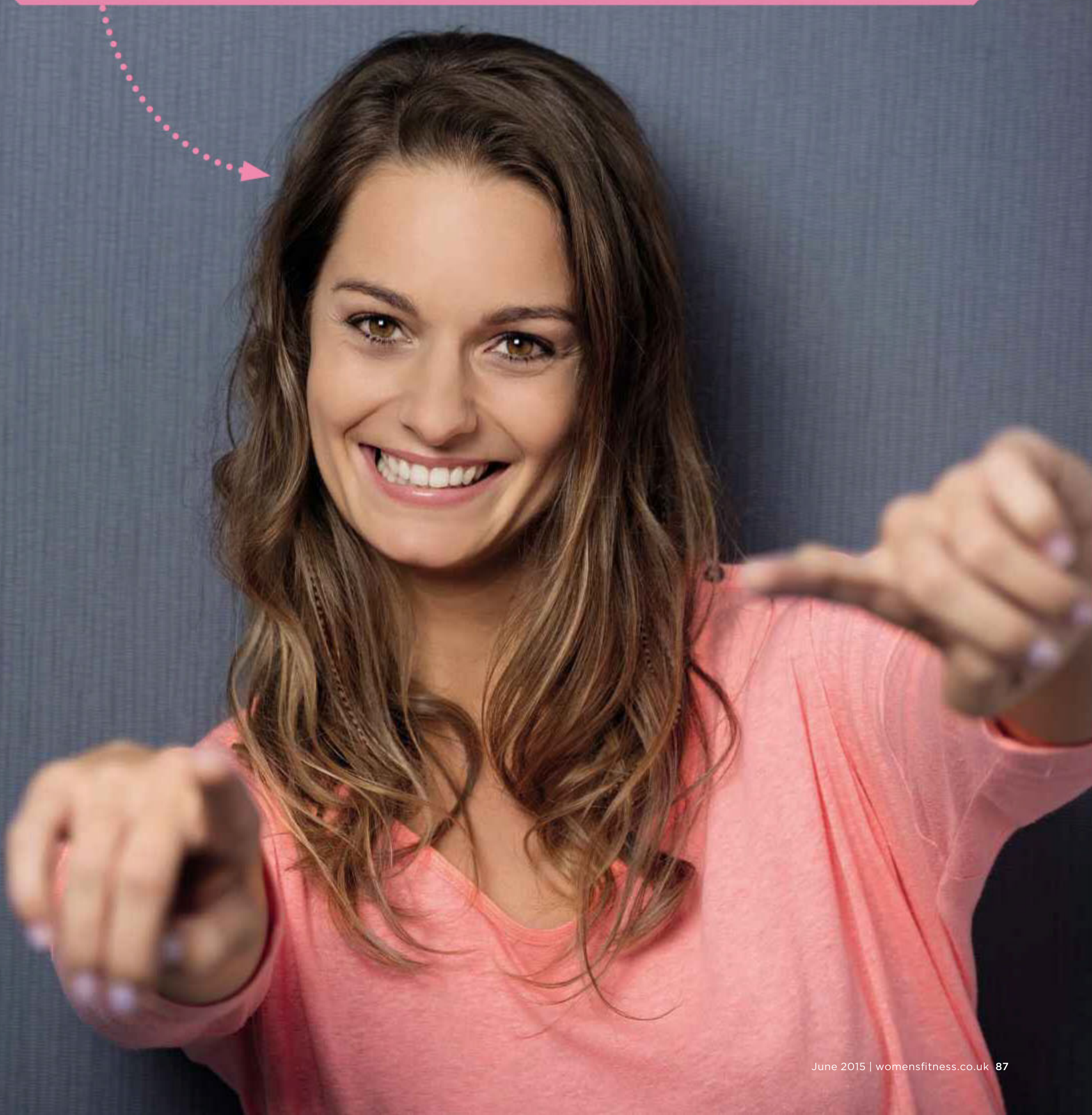
There are 6 prizes of 12 x Cleanmarine for Women. Winners will be chosen at random from all entries received. There is no cash alternative for the prize. Managements decision is final. UK entries only. Competition ends 31.5.15. Winners will be notified within 5 working days. Competition run by Savant Distribution, LS16 6QE.

*Vitamin B2 contributes to the reduction of tiredness and fatigue, and the maintenance of normal skin. Vitamin B6 contributes to the regulation of hormonal activity. See www.cleanmarinekrill.co.uk for study details.

88 Blast through your weight-loss plateau // 91 Expert tips for beating the bloat

DON'T SUFFER IN SILENCE!

If you've ever been injured, you'll know it's all you can think about. But did you know that chronic pain could actually change the way you think? Well, according to a study in mice carried out by researchers at Stanford University, it seems long-term pain can alter the part of your brain that controls motivation – which could explain why those who suffer from chronic pain become less active and often feel unmotivated. So, don't put up with persistent pain – get it checked out and get your motivation back.



WORDS: NATALIE ROBERTS PICTURE: SHUTTERSTOCK

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HAVE YOU HIT YOUR *weight-loss wall?*

Tweak your diet to help melt away those last few pounds

Eating healthily and exercising regularly is a sure-fire way to lose weight. But when the scales suddenly stop budging, for no apparent reason, it can be frustrating and demotivating.

To help you stay focused on your goals, you'll need to find out exactly what's standing between you and your dream body. Here we've listed some common diet blunders that could be stalling your slimming efforts and some smart ways to get back on track – and stay there!

> 'Allow yourself one splurge a week. Tucking into a cheat meal will actually help to speed up your metabolism'

Win the weight-loss war

The 10 diet mistakes that are making you pile on the pounds

1 Your diet lacks protein

Upping your protein is the first rule of successful slimming. The amino acids that make up protein all play a role in helping to supercharge weight loss and keep you feeling satiated. 'These amino acids are needed to keep your metabolism up, to boost your energy levels and to produce the happy hormone that can stop you craving comfort foods,' explains nutritionist Cassandra Burns (nutricentre.com).

The richest sources of protein are lean meat, fish and eggs, followed by cheese and yoghurt. 'You can also include plant foods, nuts and seeds, beans, chickpeas and lentils in your diet. They are high in vitamins and minerals, but bear in mind they do contain less protein than animal foods,' says Cassandra.

2 You're not imaginative

Achieving a healthy, happy weight for the future is all about experimenting with good food so that your taste buds don't get bored. So get creative! How about making your own vegetable crisps? Toss some carrot ribbons and kale in coconut oil and bake them in the oven – and voilà! Or what about some healthy sweet treats like quinoa crispy cupcakes when you're lusting after chocolate? This healthy take on traditional rice crispy cakes can be whipped up in seconds. All you need is puffed quinoa, melted raw chocolate, a drizzle of honey and a 1-2 tablespoons of coconut oil. Mix all the ingredients and divide into cupcake cases, placing in the fridge until set. The options for healthy recipes made from minimal ingredients are endless!

3 You miss meals

Eat up and you're more likely to shed the excess pounds. A 2013 study published in the *International Journal of Obesity* found that following a pattern of regular eating helps to maintain a healthy BMI. 'Try to eat three meals and two healthy snacks a day. You will not only eat less at mealtimes, but also speed up your metabolism.

Go for tasty and nutritional options – for example, nuts, oatcakes with guacamole or carrots with houmous,' advises Cassandra.

4 You drink too much coffee

Good-quality coffee is a source of disease-fighting antioxidants, but too much of a good thing can be a real diet wrecker. Caffeine creates a rollercoaster of blood sugar highs and lows, aggravating sweet cravings for a quick energy lift. So instead of your usual morning cappuccino, opt for a cup of green tea. While the average coffee clocks up 150mg of caffeine, green tea contains around 25mg and still provides a fast energy fix. 'Green tea is also packed with antioxidants, which are great for your skin and also increase your metabolism and fat burning,' says Cassandra.

5 You're a salad fiend

Nibbling on a salad for lunch is a great way to work towards your five-a-day goal. But, if you're eating those lettuce leaves to scale back on calories, you could actually be sabotaging your weight-loss goals. If you don't provide your body with enough calories, it will automatically think it's in starvation mode, which will make your metabolism slow down in order to help your body hold onto fat. So don't be too strict with your diet – make sure your meals and snacks add up to around 1,200 calories a day. This will keep your body's fat-burning furnace firing on all cylinders. Bear in mind you don't have to be good all the time, too! Allow yourself one splurge a week. Tucking into a cheat meal will actually help to speed up your metabolism and give you the motivation to stick to your healthy diet the rest of the time.

6 You're a night owl

If you don't snooze, you'll definitely lose in the weight-loss game. The University of Chicago's Sleep, Metabolism and Health Center found that when we don't get enough sleep we consume around 300 extra calories. We are also way more likely to make poor food choices and give into

> *'Achieving a healthy, happy weight is all about experimenting with good food... How about making your own vegetable crisps?'*

those tempting food cravings. Aim to get around eight hours of rest a day by going to bed and rising at the same time every day to help regulate your body clock and keep the scales steady.

7 You don't drink enough

While coffee, cola, wine and fruit juice are all out if you're looking to dramatically up the weight-loss stakes, water, vegetable juice and herbal teas should form a key part of your diet. Water helps to nourish your cells so they function efficiently – and if you pop a few ice cubes in a glass of water it'll help speed up your metabolic rate, too. Cool water encourages your body to burn extra calories as it warms it up to body temperature. Vegetable juices are also a great way to fill up on low-calorie, nutrient-dense food and work towards your five-a-day. Herbal teas like liquorice and chamomile and honey can really help to curb a sweet tooth, too. Boost your daily water intake wherever you are with Contigo's Grace Autoseal Water Bottle, £17.94, amazon.co.uk.

8 You're scared of the F word

If you're trying to lose fat, believe it or not, you'll need to eat fat. Good fats, such as omega-3, actually help your body to burn fat. 'Omega-3 helps your body respond better to a hormone called leptin. Leptin tells your brain to suppress your appetite, as well as increase your metabolism. This hormone also causes your body to burn fat for energy. However, if your body isn't responding to leptin correctly, then the reverse happens; you'll be hungrier and you'll store more fat,' explains Cassandra. Omega-3 will give your metabolism a boost when you feel like you've stopped losing weight. Oily fish, such as salmon, sardines and mackerel, is an excellent source of omega-3. But if you're not a fan of fish, include a daily supplement in your diet instead. Try Omega 3 by Quest Vitamins, £5.99, questexcellence.com

9 You're eating too many carbs

Complex carbs are an important part of a balanced diet, but piling your plate high with brown rice, wholemeal pasta and wholegrain bread is a sure-fire formula for weight gain. Make sure healthy carbs form no more than a quarter of your meal and cut your consumption down with a few simple swaps. Trade in plain flour for ground almonds in baked goods, load up on leafy greens instead of overdoing it on the brown rice and substitute sandwiches for little gem lettuce hearts stuffed with your favourite healthy sandwich filling.

10 You go back to your old ways

It sounds really simple, but if you want to keep the weight off, you'll actually need to change your lifestyle for good. If you go back to your old eating habits, the weight gain is inevitable. Following a balanced diet – and sticking to it for the long run – (with the occasional treat!) will help you reach your goals faster. ■

5 WAYS TO LIGHTEN THE LOAD

Arm yourself with these quick-fix tips to blast away those excess pounds

MAKE HEALTHY MASH

Switch regular potatoes for low-GI sweet potatoes. And add rich creaminess with a spoon of crème fraîche instead of cream and butter. Delicious!

REDUCE YOUR WINE INTAKE

Don't want to cut out wine completely? Drink from a champagne flute instead of a large wine glass and you'll automatically consume less.

AVOID SUGARY FRUIT JUICE

Sidestep that carton of OJ and sweeten up a glass of water with a squeeze of fresh orange to scale back on sugar. Try adding in a slice of lemon for a liver jump-start.

SAUTÉ YOUR VEGGIES THE HEALTHY WAY

Steam your veggies, then place in a frying pan and coat them in a teaspoon of coconut oil to finish off. This will cut down on the amount of oil you use in cooking.

BAKE WITH XYLITOL

Use the natural sweetener xylitol in baked goods instead of sugar. This will help you avoid blood sugar highs and lows, but will still give you a sweet hit in your treats.

WORDS: LOUISE PYNE PICTURES: SHUTTERSTOCK

Ask the expert

Got a niggling health dilemma? Let our expert put your mind at ease

SEND US YOUR QUESTIONS! Email your health queries to team@womensfitness.co.uk and we'll get right on it!

'I OFTEN FEEL BLOATED AFTER EATING, WHAT CAN I DO?'

Nutritionist, author and TV health expert Amanda Hamilton reveals her top tips for easing discomfort

'Try replacing wheat-based foods with rye or oat alternatives and you may well see an immediate improvement'

Bloating tends to refer to intestinal gas. While this is a perfectly natural part of the digestive process, sometimes too much gas is produced which can make abdominal distension or swelling a more chronic issue.

But, bloating can be an underlying symptom of more chronic issues, such as coeliac disease or conditions related to the ovaries. So it's worth going through medical channels if diet or lifestyle changes don't work.

To start with, though, see if you can identify with any of the following symptoms or patterns.

Overeating can be a cause of bloating, so pay attention to portion sizes. When it comes to troublesome foods and drinks, the list is long. Fizzy drinks cause air bubbles to form and expand in your abdomen and chewing gum can cause a build-up of gas. Foods such as beans, onions and brassica-family vegetables such as broccoli and cauliflower are also well known for the fart factor. Excess salt will also trigger water retention, and you'll get a double whammy from salty bread where the gluten can be hard to digest. Try replacing wheat-based foods with rye or oat alternatives and you may see an improvement.

How you eat is also a factor. At the very start of the digestive process we can swallow a lot of air, particularly if you are eating on the run. So try to sit down and take your time over food. A build-up of gas can also be caused by certain anxiety states and is increased when eating is accompanied by lots of talking and laughing. Although laughing can actually help digestion after you've eaten as you are in a relaxed state, which enhances your digestive abilities. So don't curtail your fun completely!

The activity of bacteria in the gut should also be considered. The human gut, particularly the large intestine (colon), is host to vast numbers of bacteria. Some can be potentially harmful – the 'pathogenic' or bad bacteria. But some are beneficial to our health and these are the good guys – so-called friendly bacteria. Any imbalance or overgrowth of yeast, such as candida, can leave you more prone to bloating or IBS-like symptoms.

Try keeping a food diary to see if there are any foods that seem to cause symptoms, looking at water intake alongside. Then begin a programme of removing common trigger foods.

You could also try taking probiotics – both those that occur in foods such as natural yoghurt and keffir and those in supplement form. And if you've been on antibiotics they are a must. For bloating, start with a broad-spectrum probiotic supplement designed for adults or see a nutritionist for advice. ■

3 *WF*'S TOP TUM-LOVING SUPPLEMENTS

1 Holland & Barrett Probiotic Acidophilus Chewable

Handy strawberry flavoured chewable tablets. Yum!

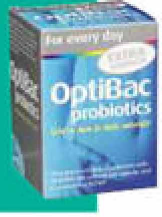
●£10.99, hollandandbarrett.com

2 Seven Seas Multibionta Multivitamin Plus Probiotics Tablets

Get your probiotic hit *and* your daily vits with these fab tabs.

●£6.85, hollandandbarrett.com

3 Optibac Extra Strength



For a big hit of the good stuff!

●£22.49, optibacprobiotics.co.uk

WF's foodie picks

Tuck in for a happy tummy

1 NATURAL YOGHURT Full of lovely friendly bacteria!

2 RYE BREAD A tasty tummy friendly and gluten-free option.

3 KEFFIR Another probotic stomach-loving hero.

FOR MORE GREAT HEALTH AND NUTRITION TIPS, VISIT **WOMENSFITNESS.CO.UK**

WORDS: ELLIE MOSS PICTURES: SHUTTERSTOCK

www.feelaliveuk.com
@feelaliveuk #feelalive

NEW!
FEEL SO ALIVE!
Nature's Way
Women's Multi-Vitamin
Plus Fruits & Vegetables*
NEW!
Alive!
WOMEN'S ENERGY
MULTI-VITAMIN · MULTI-MINERAL
FOOD SUPPLEMENT
30 ONCE DAILY TABLETS

Energy
Vitamins B2 & B12 assist in energy-yielding metabolism

Immunity
Vitamin C & Zinc support normal function of the immune system

Bones
Vitamin D for maintenance of normal bones

Hair & Skin
Biotin contributes to maintenance of normal hair and skin

Fertility
Zinc helps support normal fertility and reproduction

Specially balanced for women
Alive! Multi-vitamins & Multi-minerals

GET MORE OUT OF LIFE

Nature's Way

Available at HOLLAND & BARRETT and Boots

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. *Fruit/vegetable powder, extract and dried juice.

BEAUTY

94 Avoid beauty nasties // 97 Tried and tested // 98 Skin superfoods! // 100 This month's must-haves

FLOWER POWER

Want to add a few florals to your beauty bag? Well, plant extracts can pack a seriously impressive punch when it comes to your complexion. Lavender is a fantastic skin saviour; it can help detox, treat acne and eczema, stimulate new cell growth and even out skin tone. Like the sound of that? Try the Herbal Lavender Repair Mask from Elemis. Its therapeutic and antiseptic mix of rosemary, thyme and lavender essential oils work together to purify clogged skin. In just 10 minutes it'll work its magic to leave skin feeling fresh and restored.

● £29, johnlewis.com

Elemis
HERBAL LAVENDER REPAIR MASK
SKINCARE

WORDS: WORDS: KATHERINE DUCIE PICTURE: SHUTTERSTOCK

As *nature* intended

Updating your beauty bag? Make sure your cosmetics are as good for you as they seem

Cosmetics are meant to enhance your looks. But, if your bathroom cabinet is stuffed with conventional personal care products, you might want to reconsider your choices. Why?

Well, many mainstream toiletries contain high-tech preservatives that are thought to come with a host of dangerous health risks. A 2012 study published in the *Journal of Applied Toxicology* linked parabens to breast cancer, while other studies have shown that certain chemicals found in beauty products can trigger hormonal disruptions and skin issues.

TOXIC BEAUTY

You've heard the saying 'you are what you eat', right? Well, what you put on your body is just as important, too. The skin is the largest organ of the body and it absorbs everything, including toxic substances. The more powerful and scientific a product gets, the more we need to re-evaluate its safety, as it's likely to contain a larger concentration of these chemicals. These enter the bloodstream and are readily absorbed by our bodies. The European Union has spent the past two decades regulating the industry, which has led to a ban of over 1,300 ingredients, but there is still a grey area surrounding so-called 'natural' beauty care. Research carried out in 2012 by the UK's largest organic certification body, the Soil Association, revealed that many brands are making misleading claims about their products; marketing them as organic when in fact only a small percentage of the ingredients actually adhere to official organic requirements. It's therefore worth noting that genuinely organic products will have been certified by a national accreditation body, whose logo should appear on the product's packaging.

Upgrading your routine to include chemical-free goodies will help to ensure your skin looks its best for years to come – and that you're staying healthy on the inside, too. Luckily for us, these days, innovations in the eco-friendly beauty industry mean going green doesn't mean compromising on fragrance or performance. In fact, quite the opposite! If you want to look and feel your best, while protecting your health, there are plenty of ways to bag a clearer complexion, smoother skin and shiny hair. We've listed the top nasties to avoid, along with natural alternatives to help you radiate pure gorgeousness.

'Upgrading your routine to include chemical-free goodies will help to ensure your skin looks its best for years to come'

BE A NATURAL BEAUTY

Check out our shortlist of chemicals to avoid and natural alternatives to try

dr.organic
Bioactive Skincare
100% Organic
Pomegranate
Soap
Bio

PETROLEUM

This mineral oil is an ingredient featured in most conventional products. Designed to make skin feel moisturised, it creates a film over skin, which prevents its ability to release toxins. 'Petroleum-based products can actually be very drying, despite initially giving the appearance of softening. Petroleum jelly, for example, is an emollient, but can cause allergic skin reactions and skin discolouration,' explains Janey Lee Grace, author of *Look Great Naturally... Without Ditching The Lipstick* (janeyleegrace.com).

TRY THIS: Neal's Yard Frankincense Intense Cream (£55, nealsyard remedies.com) uses natural stem cell technology, organic and natural plant oils and extracts to fight signs of ageing while being extra kind to the skin.

FRANKINCENSE INTENSE
CREAM
CRÈME
Age-Defying, Firming & Toning
Anti-Âge, Raffermissant et Tonifiant

SALICYLIC ACID

Used to treat skin disorders such as acne, salicylic acid is a key ingredient in many cleansers, toners and peels, as it penetrates pores and gets rid of dead cells. But high doses in oral form have been shown to cause pregnancy complications and even birth defects, so if you're expecting, it's best to steer clear.

TRY THIS: Organic Surge Pure & Clean Face Wash (£5.95, organicsurge.com) will rinse away the day without putting your health at risk. The 99 per cent natural formula has been formulated with organic rosemary, peppermint and citrus oils to restore skin's natural balance and whisk away any impurities.

ORGANIC
SURGE
daily care
face wash

CHROMIUM COMPOUNDS

Finding skin-friendly eye make-up that glides onto peepers for a show-stopping look can be a tough beauty challenge. 'Chromium compounds are colorants often used in eye make-up, but these can cause irritation so it's worth seeking natural alternatives,' advises Janey.

TRY THIS: Green People Volumising Mascara (£14.75, greenpeople.co.uk) uses natural mineral pigments for a swift hit of colour. With 98 per cent natural ingredients – and a special wand, featuring ultra-thin bristles to nourish lashes from the root to tip – you can expect plumped-up lashes in seconds.

GREENPEOPLE
Mascara

ALPHA HYDROXY ACIDS (AHAS)

Everyone wants super-soft skin, but at what cost? 'Alpha hydroxy acids contained in many topical products are effective exfoliants, but can cause skin rashes, swelling skin blistering and itchiness,' says Janey. Ditch the dirt the natural way and the result is nourished skin and ridiculously shiny tresses.

TRY THIS: Sophie La Girafe Hair & Body Wash (£11.99, sophielagirafecosmetics.com) contains skin-softening oat milk and lavender water to provide gentle cleansing without any nasties. Particularly good for dry, non-coloured hair.

HAIR&BODY
WASH

SODIUM LAURYL SULPHATE (SLS)

Linked to kidney and respiratory problems, sodium lauryl sulphate is used as a foaming agent and surfactant. 'It can cause mild irritation to eyes and skin, and may contain carcinogens,' says Janey.

TRY THIS: Based around the antioxidants found in pomegranate, Dr Organic Pomegranate Soap (£2.99, hollandandbarrett.com) nurtures skin from the inside out. It soothes irritated skin, boosts skin's natural elasticity and helps to restore a natural glow.

PROPYLENE GLYCOL

You'd be forgiven for thinking propylene glycol was an innocent ingredient. Both odourless and tasteless, this clear liquid carries moisture to the skin, but with some possible risks. 'Propylene glycol is a humectant solvent, but can cause skin rashes and could lead to allergies,' says Janey.

TRY THIS: Trilogy Very Gentle Moisturising Cream (£24.50, trilogyproducts.com) is a winning formulation of calming calendula and glow-restoring olive, which swipes away fine lines and makes wrinkles appear noticeably smoother.

trilogy
Very Gentle Moisturising Cream

PARABENS

Found in make-up, shampoos and shower gels, parabens help to extend the shelf life of products by preventing bacteria growth. 'Parabens are used to preserve ingredients, but may cause allergic reactions, endocrine disruption and, according to research, parabens may increase the risk of breast cancer,' Janey explains.

TRY THIS: Coconoil Certified Organic Virgin Coconut Oil (£6.99, coconoil.co.uk) is free from chemical refining and bleaching, and smells amazing. Use as a face or body moisturiser, a hair mask or cuticle nourisher.

COCONOIL
CERTIFIED VIRGIN COCONUT OIL
ORGANIC

'The skin is the largest organ of the body and it absorbs everything, including toxic substances'

5 NATURAL ALTERNATIVES

Raid your kitchen cupboards for these naturally fab beauty finds

1 BANISH PUFFY EYES WITH GREEN TEA

Green tea is not only a miracle drink, it's a brilliant eye de-puffer, too. It contains caffeine and tannins, which shrink the blood vessels under the skin and reduce dark circles and puffiness. Place a tea bag on each eye for five minutes for best results.

2 COMBAT DANDRUFF WITH VINEGAR

Lathering up with anti-dandruff shampoo to wash away white flakes only exacerbates the problem in the long run. So ditch anti-dandruff shampoo and try a vinegar rinse instead. Apply a couple of tablespoons of apple cider vinegar to the scalp and rinse before shampooing to keep flaky skin at bay. Apple cider vinegar regulates the pH of your scalp and defends it against flare-ups.

3 BEAT ACNE WITH OATS

Oats have a soothing action on skin, absorbing and removing the excess oil that can cause spots and sloughing away dead skin cells. Apply cooked oats to the affected area and rinse after around five to 10 minutes.

4 GET THAT GLOW WITH AVOCADO

Mix avocado, honey and yoghurt together in a small bowl and slather onto skin for a homemade face mask that will leave skin looking its best. Leave for five minutes and then rinse. The combination of essential-fatty-acid rich avocado, antibacterial honey and probiotic-rich yoghurt is the perfect solution for problem skin.

5 SLOUGH AWAY DEAD SKIN CELLS WITH SEA SALT

Smoother skin starts with a hardworking body scrub, but you don't have to fork out on expensive body exfoliators – just look to the salt shaker instead. Combine a handful of sea salt with just a few drops of essential oil, massage into skin and rinse off for soft skin all day long.

COSMETICS CONFUSION

Not sure if your products are organic or not?

The Soil Association says:

A beauty product can only be called 'organic' if 95 per cent of the ingredients it contains are organic. A product that contains 70-95 per cent organic ingredients cannot officially use the word 'organic' in the product name. However it can mention it is made with organic ingredients in the product description and must state the percentage.

WORDS: LOUISE PYNE PICTURES: SHUTTERSTOCK

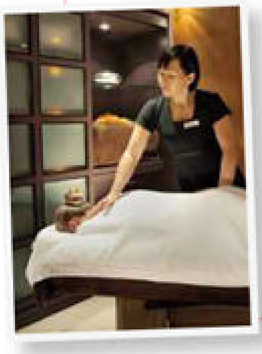
The K West Hotel is the perfect pamper spot

3 of the best treatments

We cherry pick the hair, face and body treats designed to make life that little bit sweeter

The mum-to-be pamper sesh

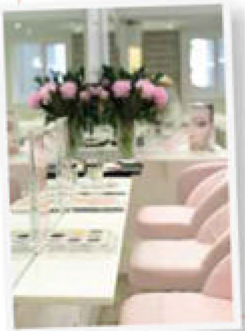
WHAT: **Pregnancy Massage, £90 for 55 minutes**
WHERE: K West Hotel & Spa, London, **k-west.co.uk**
THE LOWDOWN: We all deserve a little pampering, but if we're expecting, we deserve it that little bit more. K West's pregnancy massage is the perfect treat for a mum-to-be, allowing you to lie on your front and back, using special cushioning and angles for ultimate comfort with bump. While I drifted off, I was given a body massage using oils that not only smelled amazing, but promoted relaxation, too – and are 100 per cent safe to use during pregnancy.



THE VERDICT: The oils left my skin feeling super-smooth. This really is the complete package for mother and bump. I was blissed out!
Kim Tang

The brow booster

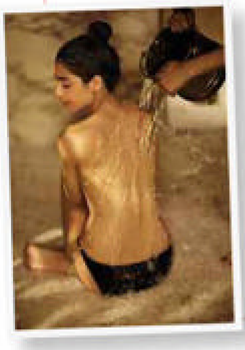
WHAT: **TG 3D Hair-by-hair Brows, from £495**
WHERE: Tracie Giles Bespoke Permanent Make Up, Knightsbridge, London, **traciegiles.co.uk**
THE LOWDOWN: Permanent make-up can seem daunting – choosing a look and sticking with it forever? Scary. But these hair-by-hair brows are technically semi-permanent, and begin to fade after 1-3 years. If you aren't blessed with fuller brows, you can finally wake up in the mornings or leave a sweaty gym class with brows intact. Tracie helps you find the perfect arch, shape and colour to flatter your face and, don't worry, the 'hairs' look incredibly real.



THE VERDICT: I'd definitely recommend this natural-looking fix.
Amanda Khouv

The luxury rejuvenator

WHAT: **Traditional hammam, £125 for 50 minutes**
WHERE: Urban Retreat at Harrods **urbanretreat.co.uk**
THE LOWDOWN: For the ultimate invigorating treatment, look no further. I love a good hammam anyway, but the Harrods experience is – as is to be expected – absolutely top notch. After resting in a warm room to acclimatise to the temperature I was taken into the Hamman itself and asked to lay down on the warm marble slab. Buckets of warm water were then thrown over me before my skin was exfoliated, washed down with black soap, massaged and then washed, washed and washed again with buckets of warm water.



THE VERDICT: An amazingly luxurious experience.
Ellie Moss

SUPERFOOD, SUPER SKIN!

Forget the supermarket aisles, it's time to hit the beauty counters to stock up on the latest superfoods

Noticed anything different about your beauty products lately?

Check the ingredients list and you might just find that they include a fair few of your favourite superfoods. Yes, the ones we eat!

This might sound strange, but the truth is it was only a matter of time before superfoods made their way from our plates to our products. After all, these special foods are packed with loads of essential nutrients and vitamins. 'Studying how plants were used in the past and applying that knowledge to the needs of the present has allowed for some phenomenal innovation in both internal and external skin health,' says Dr Murad, dermatologist and founder of Murad.

But it's also a matter of meeting consumer demand. In its latest beauty report QVC noted that it has become increasingly important to 'pursue a standard of beauty that is rooted in health'. After all, it doesn't make sense to use products that might be bad for your skin if you've been eating well and working out in a bid to look great. Cosmetology dermatologist John Hamilton agrees: 'Scientists are showing that superfoods, if used in beauty products, have a huge impact on the skin, offering the same results as if you are eating and drinking them. The skin is the largest organ in the body with the same cellular make-up and is particularly exposed to free radicals, especially for those who are outside exercisers. So using the superfood value of antioxidants in beauty is definitely beneficial.' So it's time our skin got a health boost!

BAOBAB – *GREAT FOR ELASTICITY*

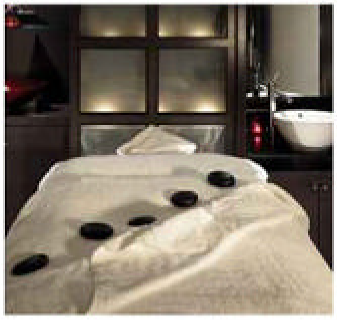
This exotic African fruit is high in antioxidants and vitamin C (containing at least three times the amount of an orange), which helps to neutralise free radicals and reduce signs of ageing. Bye-bye, wrinkles and fine lines!

FLINT+FLINT

WE LOVE Flint & Flint Lip Hero. A hydrating balm containing baobab oil that replenishes, softens and creates an anti-ageing, anti-sagging effect on your smackers. £12, flintplusflint.com

WE LOVE Aurelia Revitalise & Glow Serum. Soothe dull and dehydrated skin, while banishing fine lines, with this lightweight floral mix. £47, aureliaskincare.com

TREATMENT Baobab Feel Good Massage. Opt for this full-body massage – complete with exfoliation, an energising leg treatment and a baobab smoothie – to relieve stress, support the immune system and boost your energy levels. £110 for 70 mins, K West Spa, London, k-west.co.uk



WORDS: LISA NGUYEN PICTURES: SHUTTERSTOCK

ACAI – *GREAT FOR STRENGTHENING*

The high level of antioxidants in these Amazonian berries helps counteract free radicals. This protects the skin's collagen and elastin and keeps skin strong and healthy.

WE LOVE MyChelle Tropical Skin Smoother. This moisture-rich exfoliator re-texturises the skin for a soft and vibrant complexion. £23, mychelleuk.com

KALE – *GREAT FOR DETOXING AND CIRCULATION*

A nutritional powerhouse, curly kale is similar to cabbage, but surpasses it by far in antioxidant content. Filled with fibre and sulphur, it's amazing for detoxing.

WE LOVE The Body Deli Green Detox Scrub. The ingredients in this scrub are simply gorgeous! The kale, wheatgrass and dandelion help to enhance circulation and promote detoxification, while the sea salts help reduce toxins in the skin. £28.50, abeautifulworld.co.uk

GOJI – *GREAT FOR PROTECTION*

The antioxidants and amino acids in these Chinese red berries help to balance hormones. This replenishes skin to reduce redness and the risk of breakouts.

WE LOVE Dr Murad Sensitive Skin Soothing Serum. This lightweight serum improves suppleness to help decrease irritation and redness. And the chamomile makes it even more soothing! £49, murad.co.uk

WE LOVE O'Right Goji Berry Volumising Shampoo. This formula strengthens hair follicles and reinforces the roots and hair structure. It's also made with 96 per cent natural ingredients! £15.75, o-right.co.uk

CHIA – *GREAT FOR ABSORPTION*

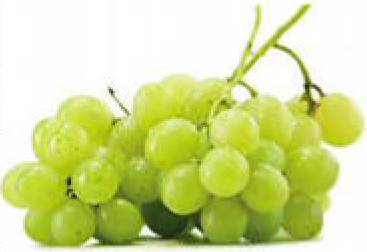
They may be tiny, but these black seeds – which come from the mint family – have serious nutritional value. High in fibre, protein, fatty acids and antioxidants, they also have a strong absorption quality, making them a natural anti-inflammatory solution.

WE LOVE Perricone MD Chia Serum. The science behind this super-serum is quite something. It boasts rare extracts of chia oil and fat-soluble essential vitamins to turn dull and dry skin into bright and healthy. £62, perriconemd.co.uk

HEMP – *GREAT FOR DRYNESS*

Hemp seed oil makes for a deeply nourishing and softening solution that's ideal for dry skin, nails and hair. It can even help prevent skin conditions like psoriasis, eczema and acne.

WE LOVE Nailtiques Cuticle Care Oil. Treat dry nails and cracked cuticles by sealing in moisture for longer with this unique formula, complete with easy-to-use roller applicator. £14.20, escentual.com



RESVERATROL – *GREAT FOR ANTI-AGEING*

Resveratrol is a natural phenol found in grapes, berries and wine. As an antioxidant, it protects against sun damage and improves collagen synthesis to keep those wrinkles at bay!

WE LOVE Resveratrol Youth Activating Peptide Cream. Resveratrol is one of six potent peptides in this hero cream that all come together to combat fine lines and soften the signs of ageing. £100, nuriss.co.uk

SPIRULINA – *GREAT FOR CELL RENEWAL AND FOR HEALING*

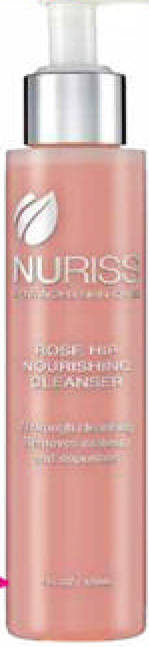
This super-nutritious algae boosts skin metabolism which, in turn, speeds up skin damage repair and renewal. No wonder it's such a popular option for detoxing.

WE LOVE Kerstin Florian Rejuvenating Spirulina Masque. Rich in antioxidants, vitamins, minerals and protein, this masque is ideal for all skin types. The spirulina rejuvenates the skin, making it appear instantly more translucent, vibrant and fresher. £47, kerstinflorian.co.uk

TREATMENT Kerstin Florian Sea Spray Detox Wrap. If you're in need of a body boost, go for this detox wrap. It boasts live spirulina algae for a revitalising experience. £75 for 45mins, selected Kerstin Florian spas, kerstinflorian.co.uk ■

BEAUTY HEROES

Update your look-hot routine with these fab new finds


NURISS
ROSE HIP NOURISHING CLEANSER

Antioxidant cleanser

Treat skin to a hit of hydration with this Rose Hip Nourishing Cleanser from Nuriss. Using anti-ageing technology, it gently and efficiently removes all signs of make-up without leaving the skin dry.

● **£25.50, nuriss.co.uk**

tarte
BRAZILLIANCE
tarte
tarte

Bronzed babe

Self-conscious about your pins? Give them a bit of TLC with Tarte Brazilliance Skin Rejuvenating Maracuja Face And Body Self Tanner. It provides a natural bronzed hue and moisturises, too.

● **£30, qvcuk.com**

WE LOVE

Clayspray
WHITE CLAY MASK FOR FACE
Clayspray
WHITE CLAY MASK FOR FACE

The all-clear

Free from preservatives, this Clayspray White Clay Mineral Treatment Masque leaves skin wonderfully refreshed and clear of impurities.

● **£25, clayspray.com/uk/shop/**

Recoffee
Conditioner
O'right
O'right

Clever coffee

The awesome Recoffee hair products are eco-friendly and are said to help hair grow faster thanks to the caffeine. Plus the moisturising shampoo bottle can be planted to sprout into coffee trees!

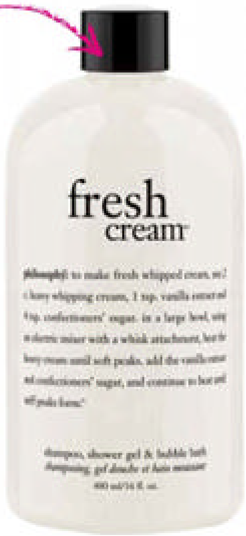
● **Shampoo, £17.95, and Conditioner, £22, o-right.co.uk**

SOIGNÉ
SOIGNÉ
SOIGNÉ
SOIGNÉ

Parisian glam

The must-have nail collection from Soigné includes just about every spring shade a girl could need. Easy to apply, they leave a lovely glossy, gel-effect finish that's seriously long lasting.

£11 each, soignenails.com


fresh cream

Sweet treat

Love cream, but not its calorie content? Well, you can now get your fix without piling on the pounds! Philosophy's 3-in-1 Fresh Cream Shampoo, Shower Gel & Bubble Bath is made using a creamy vanilla blend that leaves skin smelling delicious.

● **£19.50, philosophyskincare.co.uk**

LA ROCHE-POSAY
CICAPLAST BAUME B5
EFFACLAR DUO

Skin saviours

If you suffer from irritated or sensitive skin, try La Roche-Posay Cicaplast Baume B5 Soothing Repairing Balm and the Effaclar Duo Anti-Blemish Cream. The Cicaplast Baume packs in plenty of vitamin B5 to soothe the skin, plus madecassic acid to help fuel skin cell renewal, it's a blessing for sensitive skin. And the Effaclar Duo is your first line of defence against blemishes. Once you try it, nothing else will do.

● **£6.50 and £15.50, boots.com**

smashbox
PHOTO FINISH FOUNDATION PRIMER
PORE MINIMIZING

Catwalk ready

The Photo Finish Pore Minimizing Foundation Primer is the latest addition to the already amazing range of primers from Smashbox. It instantly reduces the appearance of pores and absorbs excess oil throughout the day to maintain a flawless, shine-free face. Love it!

● **£28, smashbox.co.uk**

WORDS: KATHERINE DUCIE

NUTRITION

102 Create your own healthy haven // 106 Deliciously satisfying dishes
110 Healthy bites // 111 We love watercress // 113 We make veg more fun!

SUPERCHARGE YOUR BREAKFAST!

Bored of your usual brekkie? Try switching to buckwheat in the morning. Not only is it a fantastic wheat replacement for those on a gluten-free diet, it could help to lower your cholesterol, too. According to a recent study, a protein found in buckwheat appears to bind to cholesterol and prevent the body absorbing it. Plus buckwheat is thought to help reduce body fat, so it's a great way to keep that bikini bod on track!

WORDS: NATALIE ROBERTS PICTURE: SHUTTERSTOCK

sorted!

Your healthy eating haven

Turn your kitchen into a healthy hot-spot and you'll soon reach your weight-loss goals, says **Louise Pyne**

Whether you want to lose weight or simply eat healthily, making your kitchen a place of inspiration where you're motivated to cook – and cook well – is essential. But this doesn't mean you have to spend a fortune on a complete kitchen redesign.

A few smart investments will help you get more creative, which will please your taste buds, keep you slim and make your kitchen a more pleasing place to hang out. Plus, clearing out the junk that's in your cupboards and fridge, and replacing it with whole foods, fruit and veg, means you're more likely to make meals from scratch. Research by Cambridge University indicates that people who spend more time preparing and cooking meals are more likely to have a cleaner diet than those who skimp on time in the kitchen. So give your kitchen the attention it deserves and the weight will slip off!

> 'A few smart investments in some good pieces of kit will help you get more creative'

HAPPY AND HEALTHY

Want to make a real difference to your healthy eating regime? Try these kitchen makeover tips

1 Get creative

Make your kitchen an enticing place to be and you're more likely to make meals from scratch. 'I prep everything when I get it, which makes my kitchen a lovely place to hang out. Nuts go in beautiful Mason jars in the fridge, vegetables are washed and stored in boxes and fruit arranged according to age and ripeness. So whenever I want to make something it's all ready, waiting and available for me,' says Geeta Sidhu-Robb, CEO and founder of Nosh Detox (**noshdetox.com**).

2 Cook with a nutritious cooking oil

If there's one oil that deserves pride of place in your kitchen pantry it's coconut oil. 'Coconut oil is a "stable" fat, due to its special composition of medium chain fatty acids. This means that its molecules don't turn into the dreaded trans-fats, which most vegetable oils become when heated. It also works wonders as a butter replacement when baking, allowing you to benefit from its antibacterial, cholesterol-lowering properties,' says Lily Simpson of Detox Kitchen (**detoxkitchen.co.uk**).

3 Kit out your kitchen

Pasta is the ultimate comfort food, but when you're watching your carb intake or following a gluten-free diet, a big bowl of spag Bol is definitely off limits. Fortunately, there's an equally satisfying yet healthier alternative to regular pasta: cucumber ribbons or courgette noodles. 'Kit out your worktop with a spiraliser – a handy device that allows you to substitute your favourite comfort food for nourishing, nutrient-dense alternatives, without compromising on taste or texture,' says Lily.

4 Start juicing

If you want to make a big difference to how you look and feel, get yourself a juicer. Green juices made from handfuls of brassicas and leafy veg, such as spinach and kale, contain a wealth of impressive nutritional benefits. 'Green juices are an easy and tasty way to add extra vegetables into your diet,' says Nicola Simons, Vital Ingredient's head of food (**vitalingredient.co.uk**). Make sure your fridge is stocked with lots of green goodies and keep a juicer on hand to blend up drinks in a flash.

5 Keep healthy food within easy reach

Swap white refined sugar for natural sweeteners and you'll see the benefits almost immediately. More energy, clearer skin, better concentration – what's not to like? 'Dates are filled with fibre, which is so important for a happy digestive system, and they contain lots of vitamins and minerals like iron and potassium. Honey is very antibacterial, which means it's great for boosting your immunity,' says healthy food blogger Ella Woodward (**deliciouslyella.com**).

6 Substitute ingredients

While baking may be lots of fun, all that buttery loveliness is anything but waistline-friendly – sorry, ladies! However, if you want to make healthier baked goods, swapping traditional ingredients for cleaner versions can dramatically reduce calories without compromising taste. If you're vegan, switch eggs for banana and butter for avocado. These substitutes will also add potassium to the end product, while really boosting the flavour. 'You can also replace refined products for wholegrain items. Use brown rice and buckwheat flour instead of white flour. Your energy levels will be so much better and you won't feel fatigued after eating,' says Ella. Good enough reason for us!

7 Store food properly

You can lengthen the lifespan of your food by days with proper storage. 'Keep all veggies in the fridge, other than tomatoes (which are a fruit anyway!), store leaves in the front at the top and heavier fruit at the bottom, so that the leaves don't become spoiled. I also keep herbs in a glass of water, which I change regularly so that they stay fresh,' says Geeta. Avoid washing your berries until you're just about to eat them, as moisture provides an appealing breeding ground for mould. And keep your eyes peeled! If you notice any food that's gone bad, compost it straight away before it ruins the rest of your produce.

8 Use your freezer

Ice-cube trays aren't just for freezing water you know! Fill a tray with some puréed fruit and veg such as mangoes, pineapple, spinach and carrots. Once the cubes are frozen, pop them into freezer bags and throw a couple into your smoothies and soups for a quick nutrient boost whenever you need it. You can also freeze herbs and even leftover wine, adding a couple of frozen wine ice cubes to flavour your sauces and homemade casseroles. Clever, eh?

9 See red

Re-evaluate your crockery and get colour-savvy if you want to steer your weight-loss in the right direction. A 2012 study published in the journal *Appetite* found that dieters who ate food from a red plate ate less compared with those who ate from white or blue dishes. The results of the study concluded that red is associated with caution, prompting us to subconsciously eat less. Who knew?

10 Don't waste food

Make your Sunday roast go further. 'Don't throw away your meat bones; instead make bone broth,' says healthy food blogger Emma Porter (**paleowithmrsp.com**). 'It is one of the most simple one-pot meals to make: full of anti-inflammatories, nutrients and vitamins. Great for improving joint health, staving off colds, strengthening your immune system, healing leaky guts and reducing cellulite. It has also been proven to help people overcome food intolerances and allergies,' she adds. That's lunch sorted then!

5 KITCHEN STAPLES

Optimise your diet with these simple, yet tasty, foodie picks

NUT BUTTER

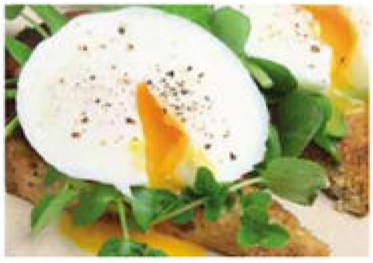
Whizz together a selection of nuts – almonds, Brazil nuts, cashews and walnuts – with some coconut oil and pitted dates. Spread on wholemeal toast, stir into smoothies, smear on a banana or enjoy from the jar for a protein-rich snack that will keep hunger at bay.

CRUDITÉS

When you're craving savoury rather than sweet, raw veggie sticks are the way to go for a nutritious snack that's pretty low in cals. Slice up some peppers, carrots, celery and enjoy with a spoonful of houmous or cottage cheese.

GREEK YOGHURT

Super-versatile, Greek yoghurt is the perfect staple for breakfast, snack-time or dessert. Top with fresh fruit, a drizzle of honey and a sprinkle of chia seeds for a healthy replacement to sugar-laden treats. Just yum!



EGGS

Eggs are an easy, cheap and understated way to add protein to any meal. Whip them into a frittata with some mushrooms, peppers and spinach; enjoy them poached with a couple of slices of wholemeal toast or boil them and slice into salads.

LEMONS

Lemons are the ultimate superfood. They add flavour to dishes and provide lots of health benefits. Squeeze the juice of a fresh lemon into hot water for a liver kick-start first thing; make a healthy salad dressing with lemon, honey and a handful of herbs, such as parsley and dill; or liven up plain water with a slice of citrus or cucumber.

> 'Make your kitchen an enticing place to be and you're more likely to make meals from scratch'

Le Duo Plus XL
magimix

3 TOP KITCHEN ACCESSORIES

Invest in these must-haves to make healthy cooking a breeze!

1 VEGETABLE SPIRALISER

Work towards your five-a-day with this easy-to-use vegetable spiraliser. Designed to help you get the most out of your vegetables, it's ideal for preparing coleslaw, salads or veggie noodles. Take your pick!

❐ £29.99, lakeland.co.uk

2 MAGIMIX CREAM LE DUO JUICER

Pop this hard-working juicer on your kitchen worktop for healthy drinks on the go. The user-friendly extractor basket makes cleaning a doddle and the chrome spout minimises mess. It also comes with a SmoothieMix attachment so you can alternate between juices and smoothies.

❐ £180, debenhams.com

3 SET OF FOUR RIDGED MELAMINE STACKING BOWLS

Perfect for storing everything from homemade granola to last night's leftovers, this handy set is as pretty as it is practical. We love the gorgeous pastel shades.

❐ £29.95, dotcomgiftshop.com

PICTURES: SHUTTERSTOCK

Healthy Bites & Healthy Treats

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Refuel post-workout with this tasty treat. **RRP**: £2.91 per bar. Available from Nutricentre and leading health stores; **r-bars.com,** and **gnc.co.uk**

BEANIES FLAVOUR COFFEE

Shake up your coffee break! **RRP**: £2.50 for a 50g jar or you can try all nine flavours with the Beanies stash box, £22.50 **beaniesflavourco.co.uk**

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Update your cupboard with this healthy must-have. **RRP**: From £8.95. Find online at **thornburylarder.co.uk**

WHITWORTHS

Enjoy these delicious mixes in your baking or on the go. **RRP**: 49p each. Find online at **whitworths.co.uk**

See, think, eat!

Beat overeating once and for all with the help of **Anna Richardson's** three-step programme – *and* some seriously healthy recipes

Diets come and go. But, one thing's for sure, eating healthily is more popular than ever right now.

And the fact we're so interested in looking after our bodies can only be a good thing, right?

Anna Richardson, television's favourite perpetual dieter and presenter of *Supersize vs Superskinny*, has been through all the highs and lows of any diet you can think of. She knows a thing or two about overeating and chasing weight loss, but in her new book, *Mind Over Fatter*, she reveals how she finally cracked the code – and shares loads of the tasty, simple recipes that she swears by. 'The fact is, many of us struggle every day to overcome our overeating,' Anna says in her book. 'Despite our best intentions, we fall off the diet wagon again and again, and end up losing control of ourselves, as well as the scales.' Sound familiar? It might be time to change your approach.

In *Mind Over Fatter*, Anna looks at the three steps that can help you take control of your overeating – hypnosis, mind management and healthy eating ideas. The great thing is that any aspect of the book can work for you. It's not a prescriptive programme that you need to follow religiously step by step, nor is there a meal-by-meal diet plan that can be difficult to work into your lifestyle. The 60 recipes included in the book are inspiring ways to get your healthy food fixes, but you'll never feel restricted by this plan or deprived of food, either.

After Anna trained as a hypnotherapist herself, she realised just how powerful the mind can be, and the effect it has on the body. And, after reading this book, you will too. 'The power of the mind enables us to shape not just our bodies, but our future,' she adds. 'It's the difference between success... and failure. And it's what's urged me to bring all my knowledge and experience into one book.' Showing us how to see, think and eat ourselves slim through advice and recipes, Anna has brought us an accessible and digestible (sorry!) – and above all healthy – new way to approach eating and weight loss.

ROAST COD WITH HERBY SEED CRUST AND CURRIED PARSNIP MASH

Serves 2

For the parsnips

- 1tsp mild olive oil
- 400g parsnips, peeled and cut into 2cm chunks
- 2tsp mild curry powder
- 1tsp vegetable bouillon powder

For the cod

- 20g pumpkin seeds
- 10g sunflower seeds
- Large handful fresh parsley, tender stalks and leaves
- Large handful fresh coriander, tender stalks and leaves
- ½ mild green chilli, seeds removed, roughly chopped
- 1tsp mild or extra virgin olive oil
- Pinch of flaked sea salt, such as Maldon
- 1 lime, finely grated zest and juice
- 2 x 200g boneless cod loin fillets, skin left on

1 Preheat the oven to 200°C/180°C fan/400°F/Gas Mark 6.

2 Heat the olive oil in a large non-stick saucepan, add the parsnips and curry powder and fry for 2-3 minutes. Pour over 300ml boiling water and stir in the vegetable bouillon. Bring to the boil then cover the pan, lower the heat to medium and cook for 20-25 minutes until completely tender and most of the liquid has been absorbed. Use a potato masher to mash to a smooth consistency, adding a splash of boiling water if needed (you're looking for the consistency of soft mashed potato).

3 While the parsnips are cooking, tip all the ingredients, apart from the cod and half the lime juice, into a mini food processor and blitz to a rough paste (or finely chop everything using a large, sharp knife). Place the cod in a non-stick roasting tin, spread the paste all over the fish and roast for 12-14 minutes.

4 Squeeze the remaining lime over the cod and serve with the curried parsnip mash on the side.

Anna says:

You can use any firm-fleshed white fish for this, or even salmon. Try and buy sustainable fish if you can – ask at the fish counter or check the labelling. Serve it with steamed or boiled greens, such as savoy cabbage, spring greens or kale.

HOT TIP

Use lots of fresh herbs too – more than you might think!

ROASTED VEGETABLE AND PUY LENTIL SALAD

Cook time: 10 mins

Serves 2

- 2 red Romero peppers, seeds removed, cut into 4cm chunks
- 2 small courgettes, halved lengthways and cut into 4cm chunks
- 1 medium aubergine, cut into 4cm chunks
- 2 medium vine-ripened tomatoes, cut into eighths
- 1 medium red onion
- 2 garlic cloves, skins left on 100% extra virgin olive oil spray
- 2tbsp balsamic vinegar
- Pinch of flaked sea salt, such as Maldon
- Freshly ground black pepper
- 1 x 400g tin Puy lentils, drained and rinsed
- Large handful fresh herbs (any combination of flat-leaf parsley, basil, mint, chervil), leaves roughly chopped

1 Preheat the fan oven to 220°C/200°C fan/425°F/Gas Mark 7.

2 Tip the pepper, courgette, aubergine, tomato and onion onto a large (preferably non-stick) roasting tin or, to cook them a bit quicker, two smaller trays. Bash the garlic cloves to break the skin, but leave whole, and add to the vegetables. Spray with olive oil then toss together really well so everything is thoroughly coated. Pour over the balsamic vinegar, season with salt and pepper and roast for 25-30 minutes, stirring once or twice. Don't rush the roasting stage – make sure the vegetables are softened and golden-brown at the edges to give a natural sweetness.

3 Mix the drained lentils and fresh herbs together and divide between two plates. Spoon the roasted vegetables on top and serve.

Anna says:

I love this veggie-packed lunch that's filling but still less than 500 calories. It is delicious hot or cold and can be kept for at least a day so you can save some for tomorrow's packed lunch.

SCANDI BEETROOT AND SMOKED SALMON MINI FRITTATA

Serves 2

For the frittata

- 100% mild and light olive oil spray
- 2 medium free-range eggs
- Small handful watercress, finely chopped
- 1tsp chopped dill fronds
- Pinch of flaked sea salt, such as Maldon
- Freshly ground black pepper

For the dressing

- 1tsp wholegrain mustard
- 1tbsp freshly squeezed lemon juice
- 1tsp mild olive oil
- 1tsp chopped dill fronds
- ½tsp runny honey

To finish

- 100g hot smoked salmon, flaked into large chunks
- 1 medium raw beetroot, peeled and grated
- 30g watercress

1 Heat a small non-stick frying pan sprayed with a little oil. Lightly beat the eggs with the watercress, dill and salt and pepper. Pour half into the frying pan and fold in the edges as it cooks to create a rough circle. Cook for 2-3 minutes, then flip over and cook for a further minute until golden and cooked through. Repeat with the other half.

2 For the Scandi dressing, whisk the mustard into the lemon juice then whisk in the remaining ingredients. Loosen with 2 tablespoons of water if necessary.

3 Mix the salmon, beetroot and watercress together in a bowl and drizzle over the dressing. Divide between the two frittatas and serve.

Anna says:

I used to serve this on a slice of rye and then one day I had the genius idea of serving it on a mini frittata for extra protein. It only takes five minutes to cook, but if you're too busy you can swap it for a thin slice of rye (just be sure the rye bread is no more than 115 calories).

TOP TIP

For a really cute touch, use a mini-frying pan (about 8cm in diameter) for perfect mini frittatas

TOP TIP

Pumpkin seeds taste so much better when they're toasted. You can toast a whole bag at a time and keep for up to three weeks in an airtight container

LENTIL AND SWEET POTATO STEW

Serves 2

- 20g pumpkin seeds
- 2tsp mild olive oil
- 1 medium onion, sliced
- 1 clove garlic, finely chopped
- 1tsp sweet smoked paprika or ½tsp chipotle chilli powder
- 150g dried split red lentils, rinsed in water
- 300g sweet potato, skin left on, cut into 2cm chunks
- 2tsp vegetable bouillon powder
- Pinch of flaked sea salt, such as Maldon
- Freshly ground black pepper
- 100g baby spinach
- Large handful fresh coriander, tender stalks and leaves chopped,

- plus a few leaves to garnish
- 2tbsp unsweetened natural yoghurt (about 4% fat) (optional)
- 1 lime, cut into wedges

1 To toast the seeds, heat the oven to 180°C/350°F/Gas Mark 4, spread them on a baking tray and toast them in the oven for 5-7 minutes, stirring once, or until lightly toasted. Alternatively, you can toss them in a non-stick frying pan over a medium heat for about 5 minutes until toasted. Set aside.

2 Heat the olive oil in a large non-stick saucepan or flameproof casserole over a medium heat. Add the onions and garlic and fry for 7-8 minutes. Be sure to cook your onions until they're golden-brown – it adds loads of extra flavour.

3 Stir in the smoked paprika and fry for 30 seconds, then add the red lentils and sweet potato and stir for a minute.

4 Pour in 700ml boiling water, stir in the bouillon powder and increase the heat to high. Once the stew is bubbling give it a stir, then reduce the heat to low-medium. Cover the pan and cook for 20 minutes, stirring every now and then to make sure nothing is sticking to the bottom. You might need to add a splash more boiling water if it's thickening up too much; you're aiming for a nice, thick stew, but still with a bit of liquid.

5 Check the lentils and potato are tender and season to taste. Stir in the spinach, turn off the heat and leave to rest for a minute.

6 Spoon into bowls and scatter over the pumpkin seeds and coriander. Top with a tablespoon of yoghurt, if you like, and serve with the lime wedges on the side to squeeze over.

Anna says:

The split red lentils don't need any soaking and cook in the stew in about 15 minutes. They're inexpensive, filling and full of goodness – great to have in the store cupboard.

BERRY AND VANILLA SMOOTHIE

Serves 2

- 100g strawberries
- 100g raspberries
- 100g blueberries
- ½ medium avocado, peeled
- 2tbsp ground almonds (optional)
- 200-250ml apple juice, freshly pressed, not from concentrate (200ml for fresh berries, more for frozen berries)
- 1 scant tsp vanilla extract

1 Place all of the ingredients into a blender and blitz until completely smooth.

2 Pour the smoothie mix into two large glasses to serve.

Anna says:

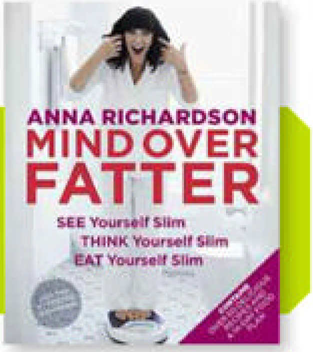
Avocado adds good fats to this antioxidant-packed smoothie and gives it a creamy texture without adding dairy. Lacing with vanilla extract is also a clever trick to increase the perceived sweetness without adding sugar.

TOP TIP

If you don't have any avocado for this smoothie, replace with a small banana or 2 heaped tablespoons natural unsweetened yoghurt

FEELING INSPIRED?

Mind Over Fatter by Anna Richardson is published by Headline, £16.99, and is out now.



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SPORT

DID YOU KNOW?

Asparagus helps to detoxify the body, getting rid of excess water and combating cystitis

Healthy bites

Want to fill your trolley without filling out? It *is* possible, says **Amanda Khouv**

Vegging out

Love crisps, but on the lookout for a healthier alternative? Try Scrubbys skin-on vegetable crisps – the Parsnip Crisps with Chilli & Lime Zing are de-lish! Whichever flavour you choose, you can rest easy in the knowledge that they're all free from artificial colourings and flavourings, as well as gluten. Good to know!

● **£1.25, Waitrose, Ocado and independent retailers**

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PARSNIP CRISPS WITH CHILLI & LIME ZING

YORKSHIRE PROVENDER
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Hot stuff

It may be spring, but we're still loving our soups here at *WF* – especially the new Yorkshire Provender Pea & Spinach Soup. Boasting a whopping three portions of your five-a-day and jam-packed with iron, plus vitamins A, C, K and B2, it's the perfect lunchtime health kick.

● **£2.49, ocado.com**

Munch time

'Tis the season

Whether you're flavouring with salt and pepper, chilli or linseeds, the stainless steel Kuhn Rikon Epicurean Ratchet Grinder – with its ceramic stone grinder – is your new BFF. Adjust between fine and coarse for the perfect seasoning for every dish.

● **£29.95, www.cookability.biz**

PICTURE: SHUTTERSTOCK SOURCE: BRITISH-ASPARAGUS.CO.UK

GET MORE GREENS IN!

WATERCRESS SOUP (SERVES 4)
In a large saucepan, melt 100g unsalted butter, then gently sweat 4 large trimmed and chopped spring onions for 3 minutes. Add about 350g watercress and stir for 1 minute before adding 1 litre of veg stock and a bouquet garni. Simmer for 10 minutes before removing the bouquet garni. Liquidise the soup, return to the pan and stir in 200ml plain bio-yoghurt.

PRAWN, WATERCRESS AND AVOCADO SALAD (SERVES 2)
Divide 150g watercress over two plates, top with 150g large, peeled, cooked prawns, 1 peeled, sliced avocado and 10 sliced cherry tomatoes. Make a dressing with 2tsp mustard, 1tsp honey, juice and zest of ½ lemon and 4tbsp extra virgin olive oil.

ROASTED SWEET POTATO, WATERCRESS, FETA AND QUINOA SALAD (SERVES 6)
Preheat oven to 200°C/fan 180°C/400°F/Gas Mark 6. Chop 40g watercress and 2tbsp parsley and set aside. Peel and cube 2 sweet potatoes, place in a roasting tray, drizzle with rapeseed oil and season, then roast for 30 minutes. Remove and cool. Meanwhile boil 225g green beans for 2 minutes, and cook 175g quinoa. Once all ingredients are cooked, place in a bowl along with 100g crumbled feta, watercress and parsley. Make a dressing with 2tbsp balsamic vinegar, 1tbsp olive oil and 1tsp maple syrup.

FOOD FOCUS

watercress

Want to ensure your summer salads pack a real nutritional punch? Look no further than watercress, the unsung champion of superfoods

Watercress is the ultimate superfood – officially! The ANDI (Aggregate Nutrient Density Index), which measures vitamin, mineral and phytonutrient content in relation to calories, ranks watercress top dog!

The first benefit – and one of the most researched – is watercress's amazing role in helping to prevent cancer. Watercress contains two important compounds – DIM (3,3'-diindolylmethane) and sulforaphane – which have both been found to have cancer-fighting powers.

Watercress also contains chlorophyll and research has shown that foods containing chlorophyll may help to keep hunger at bay – they are also effective at detoxing the body. And, if you can't resist that bacon sarnie at the weekend, add some watercress to it. Combining fried foods with a food containing chlorophyll has been found to help protect your intestines and cells from DNA damage. Good to know!

So which vitamins and minerals does watercress contain? Well, it contains the vital minerals calcium, magnesium and potassium that are needed for regulating your blood pressure. Talking of blood, watercress also contains dietary nitrates that have been shown to have multiple vascular benefits, including protecting against heart disease and helping keep your blood pressure in check.

> 'Watercress contains two important compounds, which have both been found to have cancer-fighting powers'

Just one cup of watercress (34g) will provide your daily vitamin K requirements. Vitamin K is needed for good bone health, as it acts as a modifier of your bone formation, improving the all-important role that calcium plays. Please be aware, though, that increasing vitamin K is not advised for anyone on blood-thinning medication.

This fabulous green vegetable is also high in dietary fibre, vitamin C, beta-carotene and folate. Its vitamin C levels make it anti-inflammatory and therefore an excellent food post-exercise, as it can help reduce injury.

Last but not least, watercress also contains alpha-lipoic acid, which is needed to regulate blood sugar, making it a key food for diabetics or those sensitive to low blood sugar.

Plenty of reasons to pop some watercress in your trolley next time you're at the shops then!

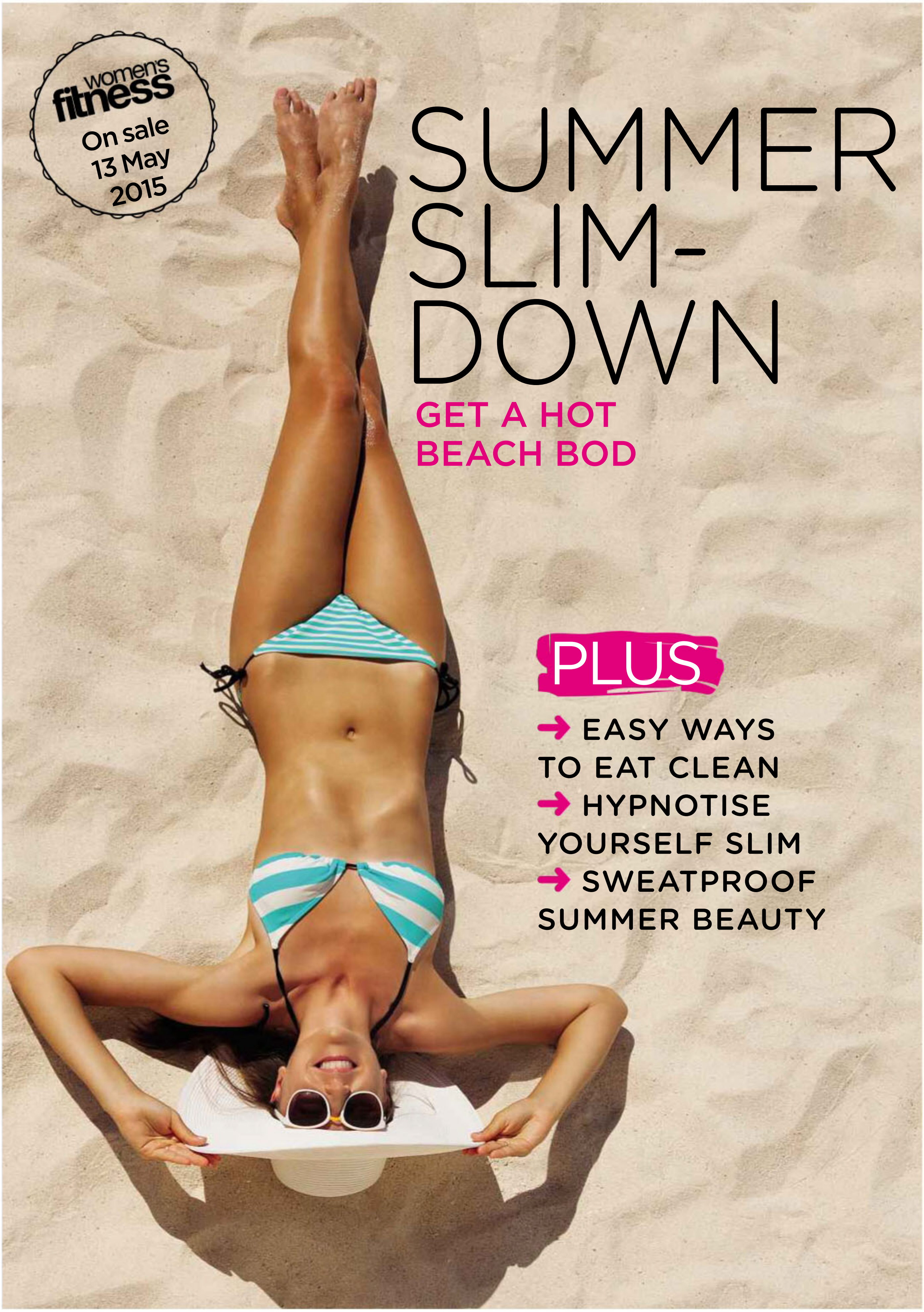
Superfood stats

100G WATERCRESS PROVIDES YOU WITH APPROXIMATELY:
11 calories
0g fat
1g carbs
0g fibre
0g protein

WORDS: NICOLA SHUBROOK PICTURES: SHUTTERSTOCK

FOR MORE HEALTHY FOOD IDEAS AND NUTRITION INFO, VISIT WOMENSFITNESS.CO.UK/HEALTHY-EATING

COMING NEXT ISSUE



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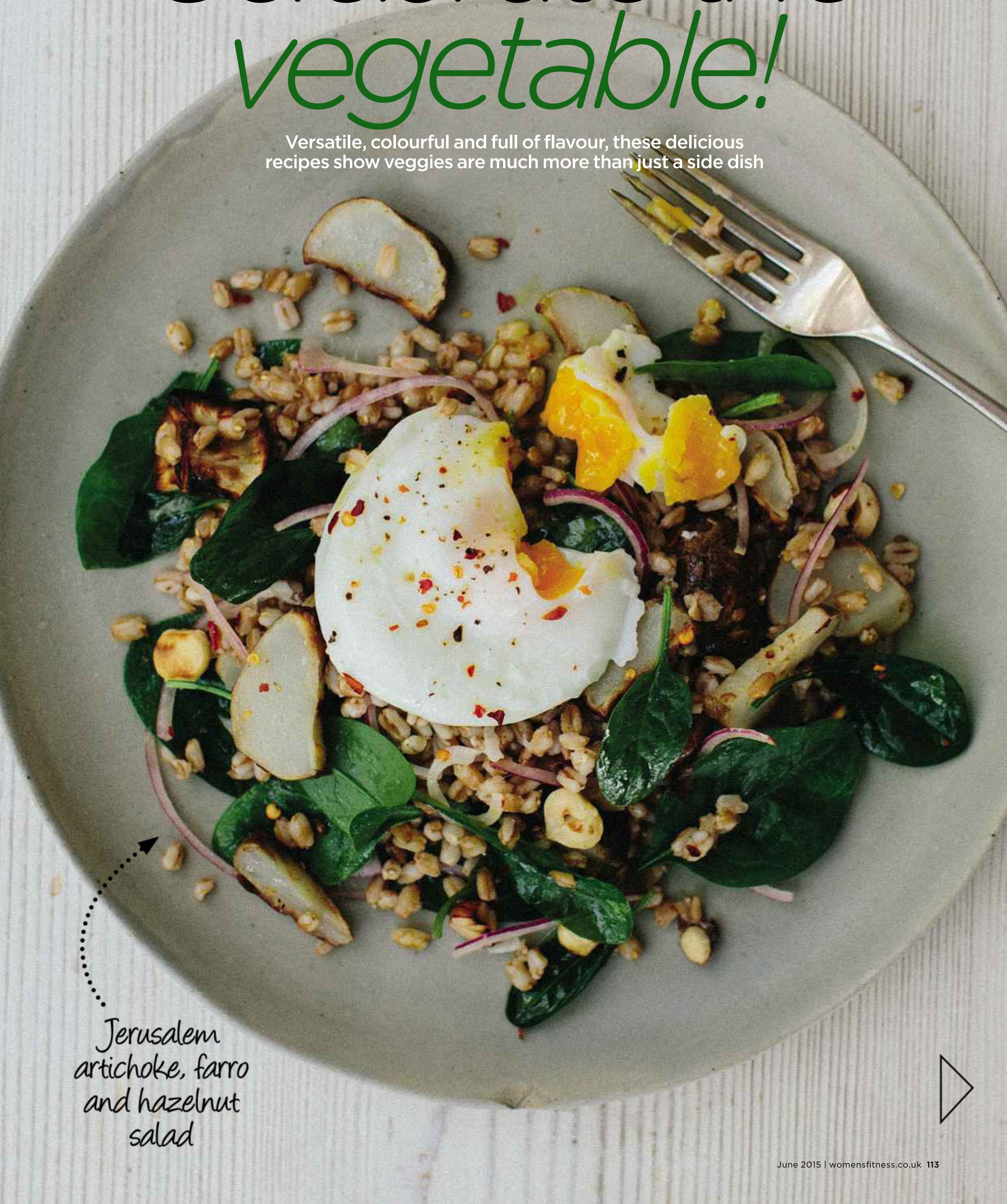
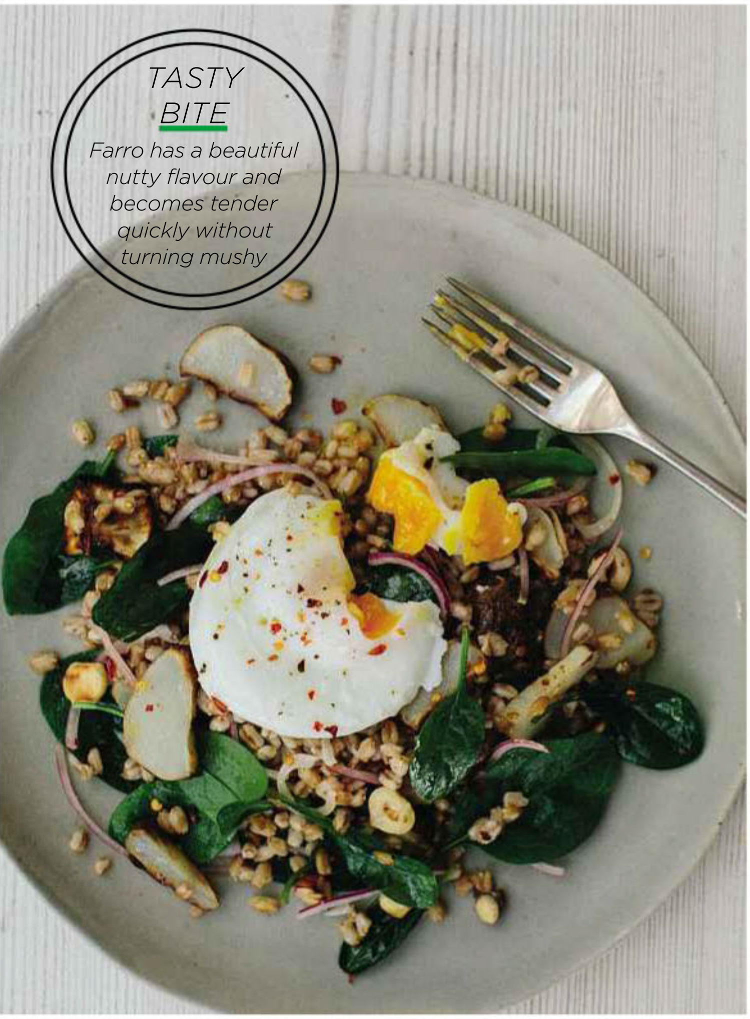
Celebrate the vegetable!

Versatile, colourful and full of flavour, these delicious recipes show veggies are much more than just a side dish



Jerusalem artichoke, farro and hazelnut salad



TASTY BITE

Farro has a beautiful nutty flavour and becomes tender quickly without turning mushy

JERUSALEM ARTICHOKE, FARRO AND HAZELNUT SALAD

Serves 4
Prep: 15 minutes
Cook: 40 minutes

- 200g farro
- 500g Jerusalem artichokes, scrubbed clean but not peeled, each cut in quarters
- 2tbsp olive oil
- 50g baby spinach leaves
- 1 small red onion, finely sliced
- 50g hazelnuts, toasted and roughly chopped
- 4 medium free-range eggs
- 1tsp red chilli flakes, for sprinkling
- Salt and freshly ground black pepper

For the dressing

- Juice of ½ lemon
- 2tbsp cider vinegar
- 50ml extra virgin olive oil
- 2tsp coriander seeds, crushed with a pestle and mortar

1 Tip the farro into a medium saucepan and cover with 5cm of water. Bring to the boil, reduce the heat and continue to cook over a low heat for about 25 minutes until the farro is tender.

2 Drain and set aside. Meanwhile, preheat the oven to 200°C/180°C fan/400°F/Gas Mark 6. Place the artichokes on a roasting tray, drizzle with the olive oil and season with salt and pepper. Bake in the oven for about 30 minutes until they are soft and cooked through.

3 Make the dressing by combining the lemon juice, vinegar, oil and coriander seeds and pour this over the cooked farro. Stir through the spinach, red onion and 25g of the chopped hazelnuts. Finally, add the artichoke.

4 Bring a wide saucepan of water to the boil. Poach the eggs gently in the water for a couple of minutes until softly set (two eggs at a time might be easier than all four at once).

5 Taste and add more seasoning to the salad if necessary. Serve your farro salad warm, topped with the poached eggs, the remaining hazelnuts and a sprinkling of chilli flakes.

RAINBOW CHARD MOZZARELLA AND HERB PANZANELLA

Serves 6
Prep: 40 minutes
Cook: 10 minutes

- 300g rainbow chard
- A thick slice of butter
- 3 garlic cloves, crushed
- 4-5 slices day-old ciabatta
- 1 × 200g ball of mozzarella
- 2tbsp (heaped) tarragon leaves
- 2tbsp chopped flat-leaf parsley
- 1tbsp (heaped) chopped dill fronds
- 100g pine nuts
- Salt and freshly ground black pepper

For the dressing

- 4tbsp extra virgin olive oil
- Juice of 1 lemon

1 Start by cooking the chard. Remove any tough-looking leaves and roughly chop the stems and leaves into 4cm chunks. Heat the butter in a medium shallow pan over a medium heat. Add the garlic and chard. Stir well and put the lid on. Steam for 3-4 minutes and remove immediately before colour leaves the stems.

2 Tear or cube the bread into 2-3cm chunks and put into a large bowl. Add the buttery garlic and chard mixture. Toss lightly to combine and evenly distribute all the ingredients.

3 For the dressing, mix together the olive oil and lemon juice. Pour over the bread and chard mixture, then leave to sit for 20 minutes in the fridge to give all the flavours a chance to combine.

4 Just before serving, toss through the mozzarella, herbs and pine nuts. Season and serve, preferably when you are holidaying in Italy!

HOT TIP

The general rule with chard is to cook the leaves as you would spinach and the stalks as you would asparagus

TASTY BITE

For a variation, replace the pumpkin with butternut squash

PUMPKIN TERRINE

Serves 6-8
Prep: 45 minutes
Cook: 1 hour 20 minutes

- 2 long courgettes, thinly sliced lengthways
- Olive oil, to grease
- 500g pumpkin flesh, peeled, deseeded and cut into 7.5mm thin slices
- 70g rocket leaves, plus extra, to serve
- 75g cooked chestnuts, roughly chopped
- 75g blue cheese, crumbled
- 250ml double cream
- 2 medium free-range eggs, beaten
- 1tbsp Dijon mustard
- 20g Parmesan, grated
- Salt and freshly ground black pepper
- 900g/2lb loaf tin (23 × 13 × 7cm)

1 Brush the courgette slices with oil then griddle over a high heat for 1-2 minutes on each side. Preheat oven to 160°C/140°C fan/320°F/Gas Mark 3. Brush the tin with oil to grease.

2 Lay the strips of courgette across the base and up the sides of the tin – don't worry about any overhang, this can be tidied away later. Finish each end with more charred strips, reserving some for the top.

3 Arrange a third of the pumpkin over the courgette and top with half the rocket, half the chestnuts and a third of the cheese. Season. Make another layer using half the remaining pumpkin. Top with the remaining rocket and chestnut and half the remaining cheese. Season and add a layer of pumpkin.

4 Put the cream, egg, mustard, Parmesan and the remaining cheese in a medium bowl. Season and whisk until combined. Pour the mix over the pumpkin. Fold over any overhanging slices and top with the remaining slices to cover.

5 Place on a baking tray and cook for 1¼ hours. Remove from the oven and set aside for 15 minutes. Turn out onto a platter and use a serrated knife to cut into thick slices.

STRIPY COURGETTE TOMATO AND POLENTA TART

Serves 4
Prep: 20 minutes
Cook: 1 hour 10 minutes

For the polenta crust

- 500ml hot vegetable stock
- 140g polenta
- 1tbsp unsalted butter
- 50g Parmesan cheese, finely grated
- 1 free-range egg, lightly beaten
- Salt and freshly ground black pepper

For the tart

- 1tbsp olive oil
- 2tbsp crème fraîche
- 1 courgette, thinly sliced
- 2-3 medium tomatoes, sliced horizontally into thin slices
- 1tbsp thyme leaves, plus extra to garnish
- 25g Parmesan cheese, finely grated
- 21cm square tart tin

1 Start by making the polenta crust. Bring the vegetable stock to a simmer in a medium saucepan and pour the polenta into the water. Keep your pan over a low heat and, using a wooden spoon, stir the mixture constantly, thrashing out any lumps. Continue for around 6 minutes until the polenta is thick.

2 Remove the mix from the heat and add the butter and Parmesan and stir until they have disappeared. Then stir through the beaten egg and season with salt and pepper. Remove from the heat and allow to cool slightly.

3 Lightly grease the tart tin with olive oil. Put the polenta in the centre and, using a spatula, tease it up the sides of the tin to create the sides of the crust.

4 Preheat the oven to 200°C/180°C fan/400°F/Gas Mark 6. Smother a thin layer of crème fraîche over the base of your tart and top with slices of courgette and tomato. Finish with the thyme and Parmesan.

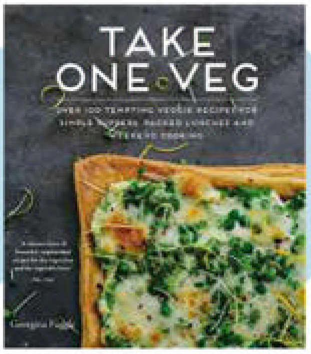
5 Cook on the middle shelf of the oven for 45 minutes. Then reduce the temperature to 180°C/160°C fan/350°F/Gas Mark 4 and cook for a further 15 minutes. Remove from the oven and allow the tart to cool for 5-10 minutes. Serve in slices.

TASTY BITE

This recipe is a very informal version of a tart. It's a little bit messy; a mixture of courgettes, tomatoes and silky crème fraîche

WANT MORE IDEAS?

These recipes are taken from *Take One Veg* by Georgina Fuggle (£15.99, Kyle Books. Photography: Tori Hancock). *Women's Fitness* readers can receive a 20% discount, including P&P, at **www.kylebooks.com.**



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STUDENT TESTIMONIAL

Sue Pash began her studies with the school in 2004.

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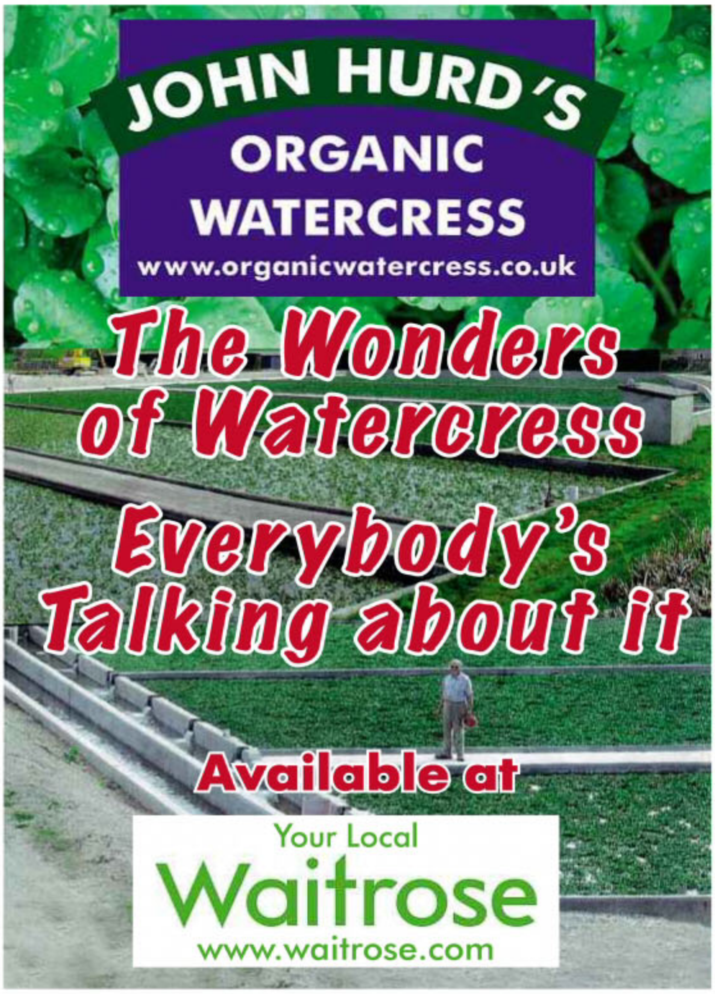
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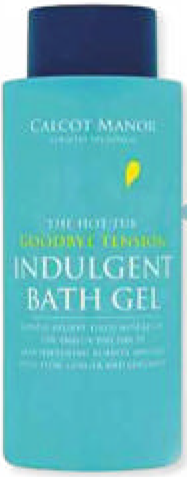
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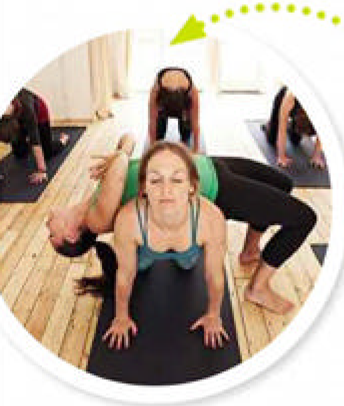

INSTAGRAM CRUSH

We're following @stretch_london this month (and forever more!) for its yoga class updates, motivational yoga pictures and occasional quips...

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